

7. **SMOKING, CARBONATED BEVERAGES, ALCOHOLIC BEVERAGES AND THE USE OF A STRAW SHOULD BE AVOIDED UNTIL YOU RETURN FOR YOUR POST-OP VISIT.**
8. Swelling is not unusual following some procedures and usually disappears 3 to 7 days. It can usually be well controlled by the use of the ice pack following the instructions above. If swelling starts occurring 3 to 4 days after surgery, please contact us.
9. On the day of surgery until your post-op visit, please restrict your diet to fluids and/or very soft foods. **AVOID** foods that are hard or crunchy, any foods/drinks with seeds or nuts that can work their way in the gums. Good nutrition is essential to proper healing. Multi-purpose vitamin supplements as well as liquids such as Boost, Ensure, Metracal, and Carnation Instant Breakfast are suggested when balanced nutritional intake is difficult.
10. **DO NOT BLOW YOUR NOSE!** Wiping the nose is acceptable, but blowing creates too much pressure in the sinus area.
11. **SNEEZE WITH YOUR MOUTH OPEN** for the next few weeks! This is to avoid pressure on your sinus.
12. Remember, you just had surgery, so please **REST** for the remainder of the day.

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