

## INSTRUCTIONS FOLLOWING SURGERY

**Bleeding:** You will not be dismissed following surgery until hemorrhage is under control. Some residual oozing is normal and some blood in the saliva for 1 or 2 days may be expected. Please bite on the cotton gauze placed in your mouth with continuous pressure for 30 minutes or until you reach home. If there is no active bleeding, you need not replace the gauze. If active bleeding resumes, remain calm. Fold and again bite on some of the extra gauze you were given, or a moist tea bag, until the bleeding stops. Repeat this procedure as necessary. Do not suck on the gauze or spit unnecessarily. Drink from a cup or glass: do not drink from a straw. Sucking prolongs oozing and may dislodge the healing clot.

**Pain:** If you were not given a prescription, over-the-counter medications such as ibuprofen (Motrin, Advil, Nuprin, etc.), aspirin, or acetaminophen (Tylenol) should be adequate. If you were given a prescription, use only the prescribed medication according to directions. Avoid taking pain medication on an empty stomach.

**Swelling:** Some swelling is normal, depending on the extent of the surgery. If marked swelling is expected, you may be advised. To minimize swelling, apply ice or cold packs to the face, intermittently, 30 minutes of each hour for only the first few hours. Please do not use heat unless specifically directed to do so.

**Rinsing:** Please do not use a mouth rinse for 24 hours. After 24 hours, if bleeding has stopped, a warm salt water rinse (1/2 teaspoon of table salt to a full glass of warm water) will aid healing. Use the rinse gently after eating. Use prescription mouth rinses as directed.

**Oral Hygiene:** Resume normal tooth brushing and other oral hygiene practices as soon as it becomes comfortable to do so. Good oral hygiene aids healing.

**Rest:** Avoid strenuous activity for 24 hours.

**Diet:** You may have clear liquids when arriving home. After 2 hours, a soft diet may be resumed. Please avoid milk products for the first few hours. Do drink plenty of liquids. A well-balanced diet will hasten your recovery.

Every effort has been made to ensure a rapid recovery and uneventful post-operative course. However, should you feel it necessary to reach the doctor you may phone the office (801-262-1974), or his mobile phone (801-979-1974). Regular office hours are 7:00 AM to 5:00 PM Monday through Thursday. The business office is also usually open Friday morning.