

Instructions Following Surgery

Bleeding: Keep gauze pad in place for **1 hour** with constant, firm pressure.

Keep your head elevated and rest quietly.

Minor oozing and discolouration of saliva is normal during the first 24 hours.

No smoking for 48 hours. Smoking prevents the normal healing of the surgical site.

Do not suck, spit, or blow your nose excessively. If bleeding persists, place a moist gauze or teabag on the surgical site and hold it on the surgical site for one hour.

Swelling: Swelling will be greatest 48-72 hours following surgery.

Bruising may occur.

For first 24 hours following surgery, apply wrapped ice or frozen bag of vegetables over the surgical area alternating 20 minutes on, 20 minutes off. Do not continue after 24 hours.

If swelling persists, apply moist heat over the area.

Medication: Take prescribed medication before the local anaesthetic wears off. Finish all medications as prescribed.

Diet: Eat soft, cool foods (ie: ice cream, milkshakes, pudding, yogurt, instant breakfast, meal replacement beverages) for the first 24 hours progressing to normal diet as tolerated. Maintain adequate fluid intake.

Mouthcare: **Avoid rinsing for first 24 hours** following surgery.

Starting 24 hours after surgery rinse with warm salt water **four times per day for next seven days**. Do so after meals and before bed.

Activities: Limit activity for next 24 hours to promote healing.

Please do not hesitate to contact the office if any unusual symptoms arise.