



Post Op instructions

- Tonight you are to expect a little slow bleeding in the surgical area "OOZING". This is normal and no further action is necessary
- If bleeding more than an ooze, please bite down on some folded gauze for 20 mins with moderate pressure. If bleeding does not slow down or subside go into your kitchen and grab some teabags to place in surgical site. Bite down on for another 20 mins. If bleeding does not stop please call the office or if we are not available please go to urgent care or an emergency room
- The peak of your swelling will be day #3 and then slowly will subside
- Ice outside of your face in the area where surgery was done for 24-48 hours post surgery to help reduce swelling. 10 mins on the face and 10 mins off the face. Please make sure you don't keep the ice on too long as you can give yourself frostbite.
- No drinking from straws, smoking, or any other forms of suction in your mouth
- You can eat immediately but softer foods (chicken, fish, rice, smoothies, icecream, eggs, etc). No straws, peanuts, croutons, chia seeds, gum, taffy, no hard or crunchy foods
- Please chew on the other side of the mouth to avoid food getting impacted into surgical site
- Take medications ASAP. Antibiotics (if prescribed) need to be finished within the time period prescribed (usually 1 week)
- Brushing and Medicated (if prescribed) rinse start on day #2. Use medicated rinse as long as sutures are present
- Call our office with any questions or concerns. **(561) 600-9293**