

REVIEW OF POST OP. INSTRUCTIONS

1. Call if excessive bleeding occurs. Most bleeding may be controlled with a moist teabag compressed on the area for 20-30 minutes. Small amounts of blood-tinged saliva may be expected the first day.
2. Take medication as directed.
3. Apply ice-pack to indicated area – 15 minutes on, 5 minutes off, for 3-4 hours minimally. If swelling persists after first day, apply warm, moist compress 15 minutes on, 5 minutes off as needed.
4. Nourish yourself – a soft diet may be needed.
5. Avoid sweets and extremely hot or spicy foods.
6. Rest. Avoid raising your blood pressure, no exercise today or tomorrow. Elevate your head with two pillows and use old pillow casing when resting.
7. Do not drink with a straw or expectorate forcefully. Do not rinse the mouth or brush teeth today or tonight.
8. Avoid aspirin, alcohol, Vitamin E, smoking, St. John's Wort and Gingko for the next two days.

CARE OF MOUTH

1. Clean untreated area in the usual manner.
2. Surgical area – gently remove debris on the dressing with your brush.
3. Rinse with warm water several times daily. Starting the day after surgery.
4. Do not use an electric brush on areas of the mouth recently treated surgically.

**USE COMMON SENSE. NOURISH YOURSELF AND REST.
PLEASE CALL IF ANY QUESTIONS ARISE.**