

INSTRUCTIONS FOR PATIENTS FOLLOWING SURGERY

PLEASE READ AND FOLLOW THESE GUIDELINES FOR MAXIMUM COMFORT AND FEWER PROBLEMS.

EMERGENCY NUMBER: OFFICE 972-241-4433

BLEEDING: KEEP BITING ON THE GAUZE(S) FOR 2-3 HOURS, THEN REMOVE THE GAUZE AND THROW IT AWAY. MINOR OOZING IS NOT UNUSAL FOR A DAY OR SO FOLLOWING SURGERY, BUT IF THE BLEEDING DOESN'T STOP, MOISTEN GAUZE FROM THE PACK GIVEN TO YOU (OR USE A TEA BAG) AND PLACE IT THE SURGICAL AREAS AND BITE DOWN. IF IT DOSEN'T STOP AFTER 30 MINUTES, CALL THE ABOVE NUMBER FOR ADVICE.

SWELLING: WE EXPECT SOME SWELLING – SWELLING IS NORMAL AFTER SOME SURGERY. IF A LOT OF SWELLING IS EXPECTED, YOU WILL NED TO PLACE AN ICE PACK ADJACENT TO THE SURGICAL SITE(S) OFF AND ON (20MINUTES ON AND 20 MINUTES OFF) FOR THE NEXT 6-8 HOURS.

MEDICATIONS: TAKE YOUR PILL AS INDICATED. DO NOT TAKE OTHER MEDICATIONS OR TAKE MORE THAN THE PRESCRIBED DOSES WITHOUT YOUR DOCTOR'S KNOWLEDGE. TAKE PAIN PILLS WITH FRUIT JUICE, FOOD, OR A FULL GLASS OF FLUID TO MINIMIZE STOMACH IRRATION. IF YOU THROW UP REPEATEDLY, CALL US FOR GUIDENCE.

ACTIVITY: REMAIN QUIET FOR 24-48 HOURS. AVOID RUNNING OR STRENMIOUS EXERCISE FOR SEVERAL DAYS.

DIET/ EATING: AFTER THE GAUZE IS REMOVED YOU CAN EAT WHATEVER FEELS COMFORTABLE. NUTRITION MILK SHAKES WILL ALSO HELP.

FLUIDS/ DRINKING: DRINK PLENTY OF FLUIDS DURING THE NEXT FEW DAYS. ALLOW CARBONATED DRINKS TO GO “FLAT”. AVOID ALCOHOLIC BEVERGES.

CLEANING MOUTH: BRUSH AFTER EVERY MEAL/SNACK BUT AVOID BRUSHING THE SURGICAL SITE(S) FOR A FEW DAYS. AT THAT TIME, RESUME GENTLE BRUSHING AROUND THE SURGICAL SITE(S).

MOUTH SOAKS: GENTLY SOAK YOUR MOUTH WITH WARM WATER (OR WARM SALT WATER), ESPECIALLY AFTER EACH MEAL OR SNACK. A CLEAN MOUTH HEALS FASTER.

PLEASE AVOID: AVOID TOBACCO PRODUCTS, ALCOHOL, PEROXIDE AND MOUTHWASHES FOR FEW DAYS AFTER THE SURGERY UNLESS INSTRUCTED OTHERWISE.

PROBLEMS: IF YOU HAVE ANY PROBLEMS OR CONCERNS ABOUT HEALING DON'T HESITATE TO CALL US OR RETURN TO OUR OFFICE.