

## HOME CARE INSTRUCTIONS

### BLEEDING

- Minor bleeding and oozing may continue for 1-3 days after surgery
- Place gauze and apply pressure in the surgical area for 30-60 minutes at a time
- Change the gauze every 30-60 minutes until bleeding slows down
- **DO NOT leave gauze packs in while sleeping, as it can be a choking hazard**
- Avoid spitting or use straws; hot food/drinks; high impact activities for 3-7 days depending on the extent of surgery
- For continued oozing, place a moistened black tea bag over the area and apply pressure for 30-60 minutes
- Call the office or the after hours on-call surgeon if there is persistent heavy bleeding

### PAIN

- Pain is greatest for the first 2 days and should decrease over the next 2 - 7 days
- For minor pain, use over-the-counter medications, such as Tylenol/Acetaminophen or Advil/Motrin/Ibuprofen
- For more significant pain, please use the prescribed medications as directed
- When using non-steroidal anti-inflammatory medications (Advil/Motrin/Ibuprofen, Aleve/Naproxen, Toradol/Ketorolac) please take after eating – monitor for any GI upset or GI pain and stop if necessary

### DIET

- Once the freezing wears off and bleeding has slowed down begin with a cold liquid diet
- Start with clear fluids and advanced to a soft diet (Juice or Jell-O, ice cream, yogurt, smoothies, soup, etc.)
- Avoid hot foods/beverages for 2 days
- If there is nausea, use over the counter medication like Gravol

### SWELLING/BRUISING

- It is normal to have swelling after surgery
- Swelling increases for 2 days after your procedure and resolves in 2 - 10 days
- Place an ice pack to the cheek repeatedly (20 minutes on / 20 minutes off) for 1-2 days
- After 2 days, moist warm compresses to the facial area may be used for comfort
- For any bruising, apply moist warm compresses to the facial area. This will improve in about 1-2 weeks
- Keep your head elevated 30 degrees while sleeping by lying on multiple pillows for 1-2 days

### AFTER IV SEDATION OR GENERAL ANESTHESIA

- Do not drive a motor vehicle or any activity requiring high degree of concentration and care for 24 hours
- If you continue experiencing drowsiness or dizziness avoid strenuous activity and have supervision
- Supervision, by a responsible adult, is needed for 24 hours after your surgery with any anesthesia
- Do not drink alcohol or sedatives since they may prolong the effects of the medications given

### OTHER INSTRUCTIONS

- Do not smoke for 7 days
- Brush your teeth up to the surgical area carefully - keep your mouth clean to avoid infection
- Begin gentle rinsing of your mouth with warm salt water or the recommended rinsing solution after each meal
- Most sutures/stitches are dissolvable/melt on their own between 5 – 14 days depending on the type of sutures
- If you develop hives, rash, or itchiness, stop taking the prescribed medication and contact your surgeon immediately by calling the clinic at the phone numbers below or on-call surgeon at the numbers below

**If your recovery is not improving within 5-7 days, please call our office for a follow-up appointment**