

Healing following surgery is usually fast and uncomplicated by following these directions

1. Gauze Bite Pressure: gently bite on gauze sponges for 60 minutes and replace 1 to 2 more times with new moistened gauze sponges until bleeding is stopped. If bleeding continues, maintain bite pressure on a tea bag for 30-60 minutes.

2. Ice Pack: apply to outside of face at surgery area, alternating for 15 minutes on & 15 minutes off for the next 24 hours. This will decrease swelling over the next 24 hours.

3. Avoid the following over the next 24-72 hours

- Smoking – best to stop tobacco use for the next 72 hours
- Drinking alcoholic or carbonated beverages
- Using a drinking straw
- Eating hard foods near surgery site
- Heavy rinsing or spitting – gentle rinses when brushing teeth
- Pulling/stretching cheek to look at surgery site
- Strenuous/physical activity

4. Drinking/Eating: stay hydrated by drinking plenty of fluids and eat soft foods (ex. jello, pudding, scrambled eggs, ice cream, yogurt, smoothies, mashed potatoes)

5. Teeth Brushing: Maintain good oral hygiene by brushing your teeth and lightly rinsing – begin gentle salt water rinses tomorrow (1tsp per 8oz).

6. Medications: take medications as prescribed and do not mix with alcohol. Do not drive or operate heavy machinery if taking pain medications and/or following sedation.

7. Swelling: is normal and will increase for up to 72 hours following surgery. It will resolve after a few days but if it continues to increase after 72 hours, this is a sign of an infection.

8. Fever: is normal following surgery for your body temperature to range from 99 to 102 degrees F. If your temperature exceeds 102 degrees F, this is a sign of infection.

9. Stitches: if stitches were used during your surgery, they will begin dissolve over the next few days but could remain for up to 14 days. Contact us if they remain for more than 14 days.

10. If you have any further questions or concerns, contact our office between 8am to 5pm Monday to Thursday or Dr. Rider's cell phone (337) 552-8121 after normal office hours.