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POSTOPERATIVE INSTRUCTIONS FOR SOFT TISSUE SURGERY

GENERAL

1. Maintain gauze hemostasis for first 20 minutes following procedure. After which you may discard or apply a fresh piece if oozing has not stopped. You may have some light bleeding for the first 72 hours.
2. Do **NOT** smoke for the first 72 hours, as nicotine stimulates continued oozing and retards the healing process.
3. Apply ice pack to outer side of face rotating 15 minutes on and 15 minutes off for a total period of three hours following surgery. Ice is **no** longer effective after the first day.
4. Swelling will reach its maximum extent in 24-48 hours and with the application of heat, in the form of heating pad or a warm moist cloth, should resolve in 2-4 days.
5. Immediately following surgery it is imperative that you keep yourself hydrated with plenty of fluids.
6. When resting use an additional pillow to keep your head elevated.
7. No strenuous activity should be attempted for the first 48-72 hours.
8. A soft diet is advised for the initial 48-72 hours.
9. Avoid foods such as peanuts, popcorn, and tortilla chips as they could become lodged in the surgical site.
10. Do **NOT** use straws or expel anything from you mouth forcibly, as this creates suction which could possibly dislodge an established blood clot which is vital to the healing process.
11. **NO** Carbonated beverages.
12. If prescribed, be certain to wear your surgical stent for a full 48 hours before removing.

HYGIENE

1. Be certain to use the prescribed mouth rinse at least 2 times a day. Apply to a cotton swab and cleanse all teeth in the surgical site (front and back) to remove any plaque or food debris which may have accumulated.
2. Do not brush the surgical site for a full three week period.

MEDICATIONS

1. Be certain to take any and all medications prescribed by Dr. Fatima Robertson.
2. If prescribed pain medication, remember they must be taken in a consistent manner to avoid low blood levels of pain reliever. Do **NOT** drink alcoholic beverages while on pain relief medication.