

POST OPERATIVE INSTRUCTIONS

First 24 hours

1. **Maintain Pressure on the Surgical Site**-until the bleeding stops usually 30 minutes to 1 hour.
2. **Apply an Ice Pack**-to minimize swelling after certain procedures (20 minutes, 20 minutes off).
3. **Soft Diet**-nutrition is important for proper healing.
4. **Do Not Disturb the Surgical Site**-keep your tongue away, avoid spitting and rinsing, and be careful rinsing.
5. **Take Your Medication as Prescribed**-alcohol does not mix with your medication.
6. **AVOID**-smoking, physical exertion, carbonated beverages, crunchy or chewy foods, the use of drinking straws, alcohol, forceful spitting or rinsing, and sleeping on the affected side, if possible.

AFTER 24 HOURS

1. **Rinse Your Mouth**-especially after meals.
2. **Resume Brushing and Flossing**-healing occurs best with good hygiene.

**Some post operative discomfort and swelling is an expected consequence in any surgical procedure. Give the medication and your natural healing process some time. Please call us at 480-488-0686 if symptoms persist or worsen after more than a few days.*