



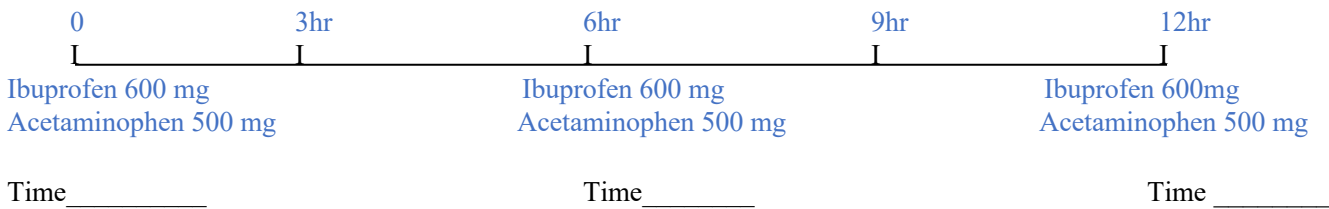
Post-Operative Instructions

What to expect after the procedure:

- Swelling and discomfort are to be expected and will usually peak at around 48 hours following the surgery.
- To minimize swelling, please place an ice pack on your face over the surgical area, alternating on and off every 10 minutes for the first 24 hours. Please continue using ice for 2-3 days following the procedure, as often as possible.
- Bruising and discoloration are to be expected and, in some cases, may take to 1-2 weeks to disappear. It may occur, beneath your eye or on your neck.
- Slight bleeding will occur. Please do not be alarmed.
- Sometimes, you may find jelly-like clots (“liver clots”) near the surgical site. Please leave them alone, and they will be washed out.
- For excessive bleeding, please apply firm continuous pressure with a warm moist gauze or a black tea bag to the area for 20 minutes. If the bleeding does not subside, please continue to apply pressure, and call the office.
- Please elevate your head while lying down and place a towel over your pillow to protect your pillowcase from staining. Please be aware to get up slowly from a reclining position to prevent dizziness.
- Rest and hydration are important for healing. Please be sure to drink plenty of water and rest as much as possible.

Medications:

- Depending on the procedure, antibiotics may be prescribed. Please take it until they are gone.
- Please take 600 mg of Ibuprofen (Motrin or Advil) every 6 hours for pain and swelling.
- If added pain control is needed, please take 500 mg of Acetaminophen (Tylenol) in combination with Ibuprofen.
- Please be advised that the maximum daily limit for Ibuprofen is 3200mg and the maximum daily limit for Acetaminophen is 4000mg.
- If opioid medications are prescribed, please take them as directed. Please be aware of the risks and minimize the amount.
- Please keep us updated if you cannot take NSAIDs or Acetaminophen due to your medical history.
- Please do not take medications on an empty stomach.



What to avoid:

- Please avoid straws, sucking, or spitting. Please avoid negative pressure/suction in the mouth.
- Please avoid chewing on the side where the surgery was performed.
- Please avoid eating foods with seeds, nuts, crunchy, or spicy foods.
- Please avoid anything hot in temperature on the day of your surgery.
- Please avoid pulling your lip back to view the surgical site.
- Please avoid exercise or doing any strenuous activity for a minimum of 48 hours.
- Please avoid consuming alcoholic beverages for at least 48 hours following the procedure.
- Please avoid smoking. It will delay healing, increase discomfort, and may encourage bleeding and infection in the surgical sites.

Food:

- A soft food diet is recommended for next 1-2 weeks depending on the extent of the procedure.
- The menu you may consider includes the following: soups, smoothies, milk shakes, yogurt, pudding, apple sauce, baked potatoes, mashed potatoes, pasta, rice, fish, cheese, eggs, and bananas.



Oral hygiene (from the next day to 2 weeks follow-up):

- Unless instructed otherwise, please begin cleaning the surgical site starting the next day using the soft toothbrush given to you. Brush gently on your tooth surfaces only, avoiding the surgical site tissue. Please continue to brush all other areas as usual.
- You may gently rinse the surgical area with warm saltwater starting the next day. Approximately 1 tsp to 8oz of water is recommended. You may rinse 3-4 times a day.
- Please do not use an electric toothbrush (ex. Sonicare).
- It is important to maintain good oral hygiene to minimize delay in healing for the success of the surgical procedure.

Dental appliances:

- All dental appliances (ex. orthodontic retainers) need to be brought to the surgical appointment. These may need adjustment before you start wearing them after surgery.

Sedation Post Instructions:

- A responsible adult will need to stay with the patient until the patient has fully recovered from the effects of sedation.
- The patient cannot drive or operate heavy machinery for 24 hours after sedation.
- The patient may have some trouble with balance and should not go up and down stairs unattended until the effects of the sedation have worn off.
- The patient needs to drink plenty of fluids/electrolytes and begin eating appropriate foods as soon as possible.
- The patient should not carry, sleep next to, or be left alone with young children for a period of no less than 24 hours after the last dosage of sedation medication.
- No sedatives or stimulants should be taken for 24 hours after the appointment (including **opioids**, alcohol, caffeine, or nicotine).

Specific Instructions for Your Surgery

- We used non-resorbable and/or resorbable sutures. Non-resorbable sutures will usually be removed at the 2 weeks or 6 weeks follow-up. Resorbable sutures will become loose and come out within a few days.
- You had a grafting procedure performed involving your palate, and a protective stent was made for you. Please wear it for the first 48 hours, removing it only as needed to rinse the stent and brush your teeth. After that, it is strictly for your comfort. You may wear it as needed until your post-operative appointment. Please avoid using hot water to clean the stent as this may cause deformations. We recommend keeping the stent if additional gum grafting is planned in the near future.
- Nose bleeding can occur for the first few days. Please refrain from sneezing, blowing your nose, or swimming.

Please feel free to contact our office if you have any concerns or questions about your procedure.

Office: 425-820-2414
After hours phone number: 425-736-9461

Patient or Driver Signature: _____ Date: _____