

POST-OPERATIVE INSTRUCTIONS

AFTER HOURS EMERGENCY # DR. LAGOS CELL's #: (760) 609-0023

Surgical therapy usually results in some post-operative discomfort, swelling, bleeding and discoloration. The following material is given to you as a guide in the care of your mouth during the next few days.

TAKE POST-OPERATIVE MEDICATIONS AS INSTRUCTED

DISCOMFORT AND SWELLING: The surgical area is expected to swell and/or have minor bruising, this is not unusual. Swelling, discoloration and pain can be minimized by applying an ice pack over the surgical area. Apply for 20 minutes and remove for 20 minutes, alternating until bedtime. Please do not touch the surgical site, avoid pulling on the lip or cheek to allow proper healing. After 48 hours, discontinue the use of the ice packs and start using warm, moist packs to alleviate swelling.

BLEEDING: Oozing or minor bleeding is expected. You may notice some drops of blood if you use gauze or if you rinse your mouth, or after sleeping. Heavy bleeding should not occur. Heavy bleeding can be described as large "liver clots" in your mouth, slow bleeding from the wound that does not appear to stop, a large stain on a pillow after sleeping. If heavy bleeding occurs, please contact our office immediately. After office hours, please contact doctor's cell phone number.

RINSING YOUR MOUTH: Gently rinse your mouth with salt water multiple times during the day. You can also use a mouth wash or mouth disinfectant twice a day.

EXERCISE: Refrain from strenuous exercise (running, heavy weight lifting, heat exposure, hiking walks or outdoor sports) for the first 72 hours. Light exercise (walking, lightweight lifting) is permitted after 72 hours. Please do not use the swimming pool, sauna, or spa services for 10 days.

DIET: Protein shakes, ice cream, milk shakes, frozen yogurt, iced water, electrolyte drinks are preferred immediately after surgery. However, you may eat any food you choose following surgery. Try to stay with soft foods, rich in proteins such as fish, chicken, meat, beans, cottage cheese, veggie proteins, etc. If you do not feel ready to chew, please drink plenty of fluids and eat "blended food" for the first 24 hours. Adequate, balanced nutrition is essential for a normal and quick healing. Avoid crunchy, seeds, nuts, toasted, or hard foods.

ORAL HYGIENE: It is essential that you keep your teeth as clean as possible. Avoid all dressed areas. Brush and floss in all other areas of the mouth as you normally would. An ultra soft brush might be given to you eventually. We do not anticipate any additional problems, however, or if you need additional information, do not hesitate to call. Do not use toothpicks, water pick, toothbrushes on the surgical site.