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◆ POST-OPERATIVE INSTRUCTIONS ◆

1. Go directly home after surgery and rest. While resting, keep your head elevated. If you had IV sedation, your escort must drive you home, as directed pre-op. Do not attempt to drive a motor vehicle or operate any machinery for your own safety.
2. Place gauze over the surgical site for one hour with light pressure. Then you may remove it. You will experience slight oozing which is normal. If it seems excessive, replace the gauze for an additional 30 minutes.
3. Place ice in a towel and on your cheek at the surgical site for the first 24 hours. Alternate with 15 minutes on, 15 minutes off. Remember swelling will reach its maximum in 36 to 48 hours. This is a normal component of the healing process.
4. **DO NOT** drink through a straw, smoke, rinse or spit for the first 24 hours. Doing so can dislodge the blood clot and lead to a dry socket or increased bleeding.
5. Diet should consist of plenty of liquids and soft foods for several days.
6. Take your medications as directed and not on an empty stomach. Pain medication can cause lightheadedness and/or nausea as a side effect. Resting and avoiding excessive activity can reduce these symptoms. **DO NOT** drive or operate heavy machinery while taking the pain medication.
7. **DO NOT** drink alcohol or take sedatives while taking pain medication.
8. Twenty-four hours after surgery, start rinsing with warm salt water after every meal and as desired. This should be done for one week. One teaspoon of salt in an 8 oz. glass of water.
9. **PAIN MEDICATIONS ARE ONLY PRESCRIBED** during office hours. If you are having a problem with pain, please do not wait until the office is closed to call. After hours we are available for emergencies only. **NO NARCOTICS WILL BE PRESCRIBED OVER WEEKENDS.** If you think you will need pain medication over the weekend you must call before 5:00 p.m. on Friday