



Post-Operative Instructions

Surgical Dressing

The material over the treated area is a surgical dressing. The dressing acts as a bandage. It has NO curative properties. Leave it in place. If a small piece of dressing breaks off, and you are not uncomfortable, do not be concerned. If the packing is still present at your 1st post op appointment Dr. Peck will remove it then.

Medication and Discomfort

Use all the medication the doctor has prescribed in the manner directed, especially an antibiotic. In the event an antibiotic is prescribed, take the entire prescription until finished. Pain is usually the most severe the 2nd or 3rd day following the surgery, but should diminish thereafter. You can control mild discomfort by using Ibuprofen, Tylenol or Aleve as directed by the manufacturer. Take a prescribed pain killer as directed only if needed. If the prescribed pain medication does not control the discomfort, or if pain continues to increase in severity 3-4 days after the surgery, please call the doctor.

Swelling

Swelling in the area of surgery and adjacent sites can be expected. It should peak the 3rd day and then start to decrease. If the swelling does not decrease after 3 days or begins to increase, please notify us. Ice packs should be applied as soon as possible to your face over the treated area to help minimize pain and swelling. Place the ice pack for 10 minutes on the surgical area every hour for the first 4 hours. Ice should be applied for the first 24 hours after surgery.

Bleeding

Some bleeding is normal during the first 24-48 hours. Blood will mix with saliva and the bleeding will seem worse than it actually is. Do not rinse excessively, spit or smoke to reduce the chance of bleeding. Avoid intake of hot food and drinks, beverages that contain alcohol or carbonated beverages. If bleeding should occur, place a moist gauze or tea bag over the bleeding site and hold firmly for 15 minutes. Repeat if necessary. If the bleeding continues, please call us at ANY hour.



Diet and Oral Hygiene

It is best to restrict your diet to liquid and soft foods for the first 24 hours following surgery. Try to chew on the side opposite the treated site for the following week. Avoid hard, hot, spicy, acidic, and salty foods. It is important to keep your mouth clean. You should brush and floss the teeth as usual, except in the treated area. Dr. Peck will advise you when it is ok to brush the surgical area.

General Information

Proper rest is important in reducing discomfort and possible complications following surgery. You may resume your normal activities the day following surgery, if you don't exert yourself. Please call the office if you have any questions or problems at 315-735-6441.