

Post Operative Instructions

Complete rest these next few (6-12) hours will ensure early, comfortable and complete healing. This is the time to be good to you-you deserve it!

Moist gauze has been placed over the surgical site. Keep this gauze in place for 15 minutes then remove. Replace moist gauze for an additional 15 minutes then repeat if bleeding persists. If bleeding does not subside, page Dr. Burliss.

During the first 24 hours placement of ice on the cheek over the area of surgery for the duration of 15 minutes on/off until bedtime will significantly reduce the amount of swelling. This is just as important as taking all medications as prescribed. It is possible for swelling and bruising to occur even after using ice packs. This is not an unusual circumstance and should diminish within a few days.

Heavy lifting or aerobic exercise is not recommended for the first 3 days. Normal activity may resume the day following surgery.

A soft diet should be eaten the first week. At your initial post operative visit we will discuss your diet for the following weeks. Avoid eating on the treated side if possible-avoid crunchy/crusty seeded foods. Foods should not be excessively hot or cold. Do not use a straw as it will encourage bleeding.

Do not rinse mouth the day of the procedure. The day after the procedure rinse after each meal-**do not brush surgical area until after your first post surgical visit.**

Avoid alcohol (even beer and wine) and smoking until after your post-operative appointment. Smoking is not advised during the 7-14 days following surgery.

In case of emergency, please call the office. After hours you may contact Dr. Burliss at the following pager number (603) 221-9800.