Post-Operative Discharge Instructions

Patient Name: [Patient Name]

Date of Procedure: [Date]

Procedure Performed: [Procedure Details]

1. Bleeding

Keep the gauze pad in place for 30 to 60 minutes following surgery. If bleeding persists, replace with fresh gauze and apply firm pressure for another 30 minutes. Slight oozing is normal for the first 24 hours.

2. Pain Management

Begin taking prescribed pain medication before the local anesthesia wears off. If no specific medicine was prescribed, you may use over-the-counter Ibuprofen or Acetaminophen as directed. Do not take medication on an empty stomach.

3. Swelling and Bruising

Swelling is expected and usually peaks 48 to 72 hours after surgery. Apply an ice pack to the outside of the face in 20-minute intervals (20 minutes on, 20 minutes off) for the first 24 hours only.

4. Oral Hygiene

Do not rinse your mouth or spit forcefully for the first 24 hours. After 24 hours, begin rinsing gently with warm salt water (1/2 teaspoon of salt in a glass of warm water) 3 to 4 times a day, especially after eating.

5. Diet and Activity

Drink plenty of fluids. Avoid hot liquids and hard, crunchy, or spicy foods for the first few days. Stick to a soft diet (yogurt, pudding, mashed potatoes). Do not use a straw for at least 5 days. Rest for the remainder of the day and avoid strenuous exercise for 48 hours.

6. Smoking and Alcohol

Do not smoke or use tobacco products for at least 72 hours, as this significantly increases the risk of "dry socket" and infection. Avoid alcohol while taking pain medication.

7. When to Call the Office

- Uncontrolled or heavy bleeding.
- Severe pain that is not relieved by medication.
- Excessive swelling that interferes with breathing or swallowing.
- High fever or persistent nausea.

Emergency Contact Number: [Phone Number]

Follow-up Appointment: [Date/Time]

Signed,

[Doctor Name]
[Clinic Name]