Post-Operative Discharge Instructions

Patient Name: _____

Date of Procedure: _____

1. Bleeding

Keep firm pressure on the gauze pad for 30-45 minutes. If bleeding persists, replace with a fresh gauze pad or a moistened tea bag for another 30 minutes. Some oozing is normal for the first 24 hours.

2. Pain Management

Take prescribed pain medications as directed before the local anesthesia wears off. Do not take medication on an empty stomach to avoid nausea.

3. Swelling

Apply an ice pack to the side of the face for 20 minutes on and 20 minutes off during the first 24 hours. Swelling usually peaks 48 to 72 hours after surgery.

4. Diet

Stick to soft foods (yogurt, pudding, mashed potatoes, soup) for the first 2 days. Avoid hot liquids and spicy foods. **Do not use a straw** for at least one week, as the suction can dislodge the blood clot.

5. Oral Hygiene

Do not rinse, spit, or brush your teeth for the first 24 hours. After 24 hours, begin rinsing gently with warm salt water (1/2 teaspoon salt in 8oz water) 3-4 times a day.

6. Activities

Rest for the remainder of the day. Avoid strenuous physical activity or heavy lifting for at least 3-5 days. Do not smoke or use tobacco products for at least 72 hours.

7. When to Call the Office

- Uncontrolled or heavy bleeding.
- Severe pain that does not respond to medication.

- Difficulty breathing or swallowing.
- Fever above 101F (38.3C).
- Persistent numbness after 6 hours.

Emergency Contact Number: _____