Post-Operative Discharge Instructions

Patient Name: [Patient Name]

Date of Procedure: [Date]

Surgeon: [Doctor Name]

1. Bleeding

Keep the gauze pack in place over the surgical site for 30 to 45 minutes. If bleeding continues, replace with a fresh piece of damp gauze and have the child bite firmly for another 30 minutes. Minor oozing is normal for the first 24 hours.

2. Pain Management

Administer pain medication (such as Children's Tylenol or Motrin) as directed by your surgeon before the local anesthesia wears off. Do not exceed the recommended dosage for your child's weight/age.

3. Swelling

Swelling is common after surgery. Apply an ice pack to the outside of the face near the surgical area for 20 minutes on and 20 minutes off during the first 24 hours.

4. Diet and Nutrition

- Avoid hot liquids while the mouth is numb.
- Stick to soft foods for the first 48 hours (pudding, yogurt, applesauce, mashed potatoes).
- **Do not use a straw** for at least 3 days, as the suction can disturb the healing site.

5. Oral Hygiene

Do not brush the surgical site for the first 24 hours. After 24 hours, the child may gently rinse with warm salt water (1/2 teaspoon of salt in a glass of warm water) after meals.

6. Activity

The child should rest for the remainder of the day. Avoid strenuous physical activity or sports for [Number] days.

7. When to Call the Office

Contact us immediately if you notice:

- Uncontrolled bleeding.
- Severe pain that does not respond to medication.
- High fever or chills.
- Difficulty breathing or swallowing.

Office Phone: [Phone Number]

After Hours Emergency: [Emergency Number]