

## **POST-OPERATIVE INSTRUCTIONS FOR SURGICAL PATIENTS**

**MEDICATION:** Carefully follow instructions on the bottle of prescribed medication. If you have a reaction to the medication, stop it immediately. If you develop a rash, redness or itching take some Benadryl.

**DIET:** Nutritious soft foods. (scrambled eggs, cottage cheese, soft meats & vegetables, milk shakes, warm soups, etc.)

**BLEEDING:** Some bleeding can be expected up to 24 hours after surgery. If it continues, apply steady pressure with moist gauze or a moist teabag for 30 minutes without removing.

**SWELLING:** Use ice packs—15 minutes on and 15 minutes off—for the first 24 hours after surgery. Once swelling occurs it may take up to a week to completely go away. If swelling increases after 3 days, call the office.

**BRUISING:** Bruising of the face may occur after surgery. Once the bruise appears, it may take up to two weeks to completely fade.

**SUTURES:** We use dissolving sutures and it is not uncommon to lose some a day or two after surgery. If the area is not bleeding, it is not a concern.

**HOME CARE:** Do not brush or floss the treated areas. Use the rinse prescribed in the morning and at night. Do not use any other rinse. You may use some warm salt water to rinse. (Add a teaspoon of salt to a cup of warm water.)

### **TO BE AVOIDED:**

- Smoking
- Hard-to-chew foods (popcorn, nuts, crusty bread, etc.)
- Vigorous exercise or hard physical work for 48 hours
- Chewing or brushing on treated areas
- Drinking through a straw

**Please feel free to call the office any time for questions, advice, or help. We want to make your recovery as comfortable as possible.**

**TO SPEAK WITH THE DOCTOR IN CASE OF AN EMERGENCY, PLEASE CALL DR. PATEL'S CELL PHONE AT 803-318-2790**