

AFTER YOUR SURGERY

The most important thing to realize is that the site of the surgery is somewhat fragile for several days. You must take very good care of the sutures (stitches) and incisions (cuts) in order to speed your recovery time. Most patients have very few problems after surgery, and if you follow the below instructions, you will be "stacking the deck" in your favor. Please call the office if you have further questions or problems. –Dr. Henry

1. Apply the ice you have been given to your cheek for 30 minutes of every hour. Most people prefer to apply the ice for 5 minutes, rest for 5 minutes, then apply the ice for another five minutes, etc., etc. Keep using ice for three hours minimum. During this time, you will likely need to replace the ice pack we gave you with one or more from your refrigerator.
2. Swish gently with salt water - 1 Teaspoon of salt in 8oz glass of water 3 times per day. Do this for 1 minute each time to keep area clean and promote healing.
3. Some swelling is normal. If the swelling in the area of the surgery continues to worsen, or reoccurs, contact this office.
4. Eat usual foods, but do not bite in the area of the surgery.
5. You should have no heavy lifting or physical exertion of any kind for at least 24 hours.
6. Do not brush for 24 hours. After this time, brush the teeth in the area of the surgery carefully, avoiding the gums.
7. Do not lift the lip or cheek to examine the area since this can tear your sutures.
8. Do not smoke for 24 hours.
9. Do not rinse your mouth with mouthwash for at least 24 hours, and do not swish water or salt water vigorously.
10. Take all medications prescribed by Dr. Henry. Take them as directed.
11. Be sure to return to this office for removal of your sutures at the appointed time.

Your Appointment Time Is: _____