



Apply an ice pack to the cheek on the surgery side. Alternate 10 minutes on and 10 minutes off for 2-3 hours, this will minimize swelling.



Take the prescribed pain reliever as needed. For mild discomfort take aspirin or similar medication. If an antibiotic has been described, take all the medication as directed.



Do not rinse today. Avoid extremely hot food and drink for the next few hours.



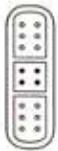
Avoid hot, sharp, spicy and salty foods. Chew on the opposite side if possible.



Try to avoid or reduce smoking and drinking alcoholic beverages during the initial healing period as they will irritate the tissue and slow healing.



Some oozing of blood can be expected during the first 24 hours. If bleeding occurs - **Do Not Rinse!** Moisten a black tea bag with cool water. Place it over the area and bite firmly for 20 minutes. Repeat if necessary.



The DRESSING over the treated area is for your protection. Leave it in place. Do not be concerned if small pieces come off.
If the dressing comes off, and you experience discomfort or sensitivity, place vitamin E or Vaseline on the area.



It is important to keep your mouth CLEAN. Brush the teeth well, but not on the treated side. Rinse gently and frequently, starting tomorrow. A good rinse is a glass of warm water with 1 teaspoon of salt.



Call if there is a problem. Expect some aching and tenderness. You should not experience significant swelling or pain.

If discomfort develops (or worsens) approximately 48-72 hours post operatively, this is probably pressure from the packing. Call or come in for a packing change.

Your follow up visit will be scheduled today. At that time we will check the area for proper healing and remove any packing or sutures.