

# POST-SURGICAL INSTRUCTIONS



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## PAIN MEDICATION

- Starting the day before your surgery, take 3 tablets (200mg each) of Ibuprofen (Advil, Motrin) 3 times a day and continue for 4 days
- On the day of the surgery, take 1 regular strength Tylenol; 2 hours after the Ibuprofen
- Take the tablets 'by the clock'
- Drink milk or ginger ale with each tablet to minimise stomach upset
- If needed, 50mg of Gravol can be taken every 4 hours

## BLEEDING

- Some bleeding is normal for the first 24 hours
- Apply firm pressure with a damp gauze or tea bag for 1 hour
- Do not lie flat, elevate your head with at least 2 pillows

## SWELLING

- Some swelling and bruising is normal
- Apply a bag of frozen peas wrapped in a tea towel to your face, 10 minutes on, 10 minutes off, for the next 5 to 6 hours
- Swelling is often at its zenith the 3rd day after surgery; it should then gradually subside
- The day after the surgery, a moist warm tea towel will help reduce any bruising

## NUMBNESS

- Occasionally numbness of the lip and tongue can occur
- This is a rare complication and typically resolves in a few days

## HYGIENE

- For the first 24 hours do not spit vigorously
- For one week, gently rinse the site 10 times a day with warm saltwater (½ teaspoon salt, ½ glass water) or Peridex
- Continue to brush and clean other parts of your mouth as normal
- 2 days after the surgery, start to gently brush the surgical area
- Do not raise your lip to look at the surgical area; this will tear the stitches, open the incision, and delay healing

## DIET

- Drink plenty of fluids, especially those with Vitamin C
- Eat a soft diet of fruit juices, soups, yogurt, vitamin supplements, Slim-Fast or similar dietary supplements
- Avoid hard (i.e. toast) and chewy foods (i.e. steak).

**If any unusual symptoms develop please telephone Dr. Fransen at 778.899.3429.**

## IN SUMMARY

During the first 24 hours, rest as much as possible with your head above your heart

Do not smoke or use a straw for at least 1 week

Stitches may come loose, do not pull them

Return to our office for your post-surgical appointment, usually 1-3 days later

**Although post-surgical complications are possible but are rare.** Contact our office if you experience any of the following:

\*Pain that is not controlled with Ibuprofen (Advil) and Acetaminophen (Tylenol or Tylenol No. 3)

\*Nausea or dizziness

\*Enlarged swelling of the cheek, face, or neck

\*Difficulty swallowing or breathing

\*Bleeding that is not controlled by direct pressure