1. **ICE**: As you leave the office, and when you arrive home, use a cold pack on your face next to the surgical site to keep the swelling down (use washcloths frozen in “Zip-Loc” bags wrapped in a paper towel). Keep the cold pack on for 15 minutes then off for 15 minutes. Repeat this sequence for 2-5 hours (1st day only). The swelling, if any, will be greatest between 48-72 hours after surgery and then start to subside. **If the swelling becomes severe and/or you feel feverish, contact our office at 561-967-0476 if you were seen in the West Palm Beach office, or 561-734-2001 if you were seen in the Boynton Beach office**.
2. Drink plenty of cool fluids (water or fruit juice). **DO NOT** use a straw when drinking. This may disrupt the clot that is forming at the surgical site or cause the surgical dressing or sutures to be dislodged.
3. **DO NOT SMOKE** for at least 12 hours (and if possible, terminate smoking completely) as it will disrupt the normal healing process.
4. **NO ALCOHOLIC BEVERAGES** for at least 2 full days. Similar to smoking, alcohol use can interfere with the normal healing process.
5. Please limit your physical activities following surgery. **DO NOT** clean the house, mow the lawn, jog, do aerobics, play tennis, etc. for at least 3 days after surgery. You should be able to go to work (light physical activity only) the following day. **REMEMBER**, your body should be spending most of its energy on healing.
6. You will probably have slight bleeding and a pink color to your saliva for the next few days. Holding small amounts of ice water in your mouth will usually stop any slight oozing. However, if there is excessive, pumping bleeding following surgery, do not hesitate to contact our office.
7. Take all of the medications given or prescribed as directed. They have been given for very important reasons. The only type of medication that you do not have to take all of is the pain medication. Take that only if needed. Take all of the medications with a full glass of water and food, unless otherwise stated.
8. Starting the day of surgery, brush and floss your teeth as usual in the non-surgical areas. **DO NOT** brush or floss the surgical site. To keep the surgical site clean, use the prescribed anti-bacterial mouth rinse or warm salt water at a minimum of 3 times a day. When rinsing, do not swish and spit vigorously as this may disrupt the blood clot – simply let the rinse sit in the surgical area for 30 seconds before letting it drain out. To make a salt water rinse, mix ¼ teaspoon of salt with half a glass of warm tap water. **DO NOT** use water hot enough to burn your mouth.

It is important that you maintain a nutritious diet during the weeks of healing. Increasing your Vitamin C intake to 400-500mg per day may help with healing. Food supplements, such as Metrecal, Nutrament, Sego, Ensure, and Instant Breakfast may be helpful to ensure you are getting the nutrition you need. However, a strictly liquid diet should not be required after the first day or two.

**DIETARY DOs**

Below are an example of recommended foods:

|  |  |
| --- | --- |
| *Suggested Breakfast Foods:* | |
| Apple Juice | Yogurt |
| Orange Juice | Eggs |
| Milk | Fruit that is stewed, mashed, or sieved |
| Ovaltine | Soft, crustless breads |
| Tea (cool) | Cooked cereal (oatmeal, cream of wheat) |
| Coffee (cool) | Soft scrambled eggs |

|  |  |
| --- | --- |
| *Suggested Lunch/Dinner Foods:* | |
| Soft pasta | Macaroni & Cheese |
| Ground beef or chicken | Broth, soups, stews |
| Baked or broiled fish | Mashed or boiled vegetables |
| Chicken Noodle Soup | Jello, puddings |
|  | Ice cream |

**DIETARY DON’Ts**

You may eat most foods, but your body will tell you when you are ready to move from a softer to a firmer diet. In the beginning, stick to softer foods, take smaller bites, and **DO NOT CHEW WHERE YOU HAD THE SURGERY**.

*AVOID THE FOLLOWING FOODS:*

* Hard food that requires heavy pressure for chewing
* Highly seasoned, spicy, or otherwise irritating foods
* Anything hot, like coffee or soups, particularly while the anesthetic has not yet worn off (to prevent scalding of the mouth while you are still numb)
* Sharp, crunchy foods such as nuts, popcorn, pretzels, and potato chips
* Small seed-like foods that may become lodged in the surgical site