

## TO INSURE YOUR COMFORT AND SUCCESS OF TREATMENT WE STRONGLY SUGGEST FOLLOWING THESE INSTRUCTIONS:

### DISCOMFORT

- PAIN MEDICATIONS / ANALGESICS SHOULD BE TAKEN AS SOON AS POSSIBLE.
- DO NOT WAIT UNTIL YOU HAVE DISCOMFORT BEFORE YOU START TAKING THE PRESCRIBED MEDICATIONS.
- FOLLOW THE DIRECTIONS ON THE BOTTLE OF THE PRESCRIBED MEDICATIONS.
- DO NOT TAKE THE PRESCRIBED MEDICATIONS ON AN EMPTY STOMACH BECAUSE YOU CAN BECOME NAUSEOUS. TAKE YOUR MEDICATIONS AFTER EATING WITH A TALL GLASS OF WATER.
- DO NOT GET UP ABRUPTLY FROM A RECLINED POSITION. THIS CAN CAUSE DIZZINESS AND NAUSEA.
- DO NOT DRIVE OR WORK MACHINERY WITH TAKING NARCOTIC MEDICATIONS.
- IF THE RECOMMENDED DOSAGE IS TOO STRONG YOU CAN SWITCH TO OVER THE COUNTER PAIN MEDICATIONS. (I.E. TYLENOL, MOTRIN)
- DO NOT CONSUME ALCOHOL OR USE ILLEGAL DRUGS WHILE TAKING PRESCRIBED MEDICATIONS BECAUSE IT CAN PHYSICALLY HARM YOU.

### ANTIBIOTICS

- IF PRESCRIBED ANTIBIOTICS START TAKING AFTER SURGERY FOLLOWING THE DIRECTIONS ON THE BOTTLE.
- FINISH ALL ANTIBIOTICS, DO NOT STOP EVEN IF YOU FEEL BETTER.
- IF ANY REACTIONS OR ALLERGIES DEVELOP STOP TAKING IMMEDIATELY AND CALL OUR OFFICE FOR DOCTOR INSTRUCTIONS.

### EXERCISE

- KEEP TALKING TO A MINIMUM.
- AVOID STRENUOUS ACTIVITY FOR AT LEAST 3 DAYS.
- YOU CAN RETURN TO A NORMAL WORKOUT IN 5-7 DAYS.

### SWELLING

- IT CAN BE EXPECTED AFTER THE PROCEDURE AND MAY LOOK EXCESSIVE TO YOU, BUT SWELLING IS A NORMAL PROCESS OF HEALING.
- THE USE OF ICE PACKS WILL HELP CONTROL SWELLING, PLEASE BEGIN THE APPLICATION OF ICE PACKS IMMEDIATELY AFTER THE PROCEDURE OUTSIDE OF THE FACE OVER THE AREA OF THE PROCEDURE.
- APPLY ICE FOR 20 MINUTES THEN REST FOR 40 MINUTES OF EVERY HOUR. APPLY FOR 48 HOURS.
- ON THE THIRD DAY YOU CAN BEGIN WARM COMPRESSES TO CONTINUE REDUCE SWELLING.
- DO NOT LIE FLAT FOLLOWING SURGERY. KEEP YOUR HEAD IN A SEMI-ELEVATED POSITION TO HELP REDUCE SWELLING AND BLEEDING.

### BLEEDING

- BLOOD MIXED WITH SALIVA CAN BE EXPECTED FOR 24 HOURS AFTER THE PROCEDURE.
- DO NOT ATTEMPT TO EXPECTORATE CONSTANTLY TO ELIMINATE BLOOD. THIS MIXTURE OF BLOOD AND SALIVA CAN BE SWALLOWED AND IT WILL NOT HARM YOU OR UPSET YOUR STOMACH.
- YOU SHOULD NOT RINSE EXCESSIVELY. IF YOU WOULD LIKE TO RINSE USE WARM SALT WATER OR A PRESCRIBED RINSE.
- IF YOU EXPERIENCE EXCESSIVE BLEEDING YOU CAN CONTROL IT BY MOISTENING A PIECE OF GAUZE AND APPLYING DIRECT PRESSURE FOR 15-20 MINUTES.

### SMOKING

- DO NOT SMOKE FOR 1 WEEK AFTER SURGERY.

### SUTURES

- SOME SUTURES DO DISSOLVE ON THEIR OWN, ANY REMAINING SUTURES WILL BE REMOVED DURING YOUR FOLLOW UP APPOINTMENT 2 WEEKS AFTER SURGERY.
- DO NOT ATTEMPT TO REMOVE THE SUTURES ON YOUR OWN BECAUSE YOU MAY INJURE SURGICAL SITE.

### FOOD/CHEWING

- DO NOT CHEW ON THE SIDE OF YOUR MOUTH TREATED. USE THE OPPOSITE SIDE IF POSSIBLE.
- DO NOT BITE INTO THE FOOD. CUT THE FOOD IN SMALL PIECES BEFORE LEAVING.
- STAY ON A SEMI-LIQUID DIET FOR 48 HOURS AFTER THE PROCEDURE THEN EAT SOFT FOODS UNTIL THE DOCTOR CLEARS YOU TO EAT REGULARLY.
- AVOID SODAS, ACIDIC JUICES, PEROXIDE; HOT OR SPICY, CRISPY, HARD, OR CRUNCHY FOODS.

### BRUSHING/FLOSSING/RINSING

- AVOID CLEANING YOUR TEETH FOR THE 1ST DAY AFTER YOUR PROCEDURE.
- CAREFULLY PERFORM YOUR ROUTINE ORAL HYGIENE PROCEDURES WHILE AVOIDING THE SURGICAL AREAS.
- DO NOT ATTEMPT TO BRUSH THE SURGICAL DRESSING IF APPLIED.
- IF THE SURGICAL DRESSING BECOMES LOOSE OR FALLS OUT DISCARD IT. THE PURPOSE OF THE DRESSING IS TO PROTECT THE SURGICAL AREA.
- RINSE WITH PRESCRIBED MOUTH RINSE IN THE MORNING AFTER BREAKFAST AND AT NIGHT BEFORE GOING TO BED.
- DO NOT FLOSS THE SURGICAL AREAS.
- DISCONTINUE MECHANICAL TOOTHBRUSHES AND WATER-PIK FOR A MINIMUM OF 2 WEEKS.

### SPECIAL INSTRUCTIONS FOR YOU:

**IF AT ANYTIME YOU FEEL THAT YOU ARE IN ANY DIFFICULTY, PLEASE CALL US AT 305.447.1447  
DRS. GALLARDO AND LAMAS PARTNERSHIP**