

POST OPERATIVE INSTRUCTIONS

Do not eat or drink anything hot for one hour after your appointment.

Take medication as directed.

Gently place ice to your face where you had surgery- 10 minutes on, 10 minutes off for the rest of the day until you go to bed at night. Use ice for the first 48 hours.

If after 48 hours swelling persists, gently place moist heat (damp facecloth under a heating pad on medium) to your face. This must be done for an hour at a time to reduce swelling.

Do not brush, floss or chew in the area of treatment.

Do not drink through a straw, swallow hard, rinse or spit with force –this may cause bleeding.

Rest the day of surgery. You may resume exercise after 48 hours.

If you have bleeding, place a moist tea bag or gauze over the area with firm, continuous pressure for 30 minutes.

Please call our office if you have any questions or concerns, our phone number is 401-273-6161.