



Post-Surgical Do's and Don't's
FIRST TWO WEEKS

DO:

- Take all medications as prescribed. (Try and take antibiotics/pain medication with food to avoid nausea.)
- Begin rinsing with prescription mouth rinse the morning **AFTER** surgery and continue as directed.
- Apply ice to the outside of the face on the surgical side for the **FIRST 24 HOURS ONLY** (10 minutes on and 10 minutes off).
- Try and eat soft, cold items for the first day (milkshakes, yogurt, jello, ice cream, pudding, nutritional drinks like Ensure, etc.) Lukewarm soup may be eaten for dinner on the day of surgery, but make sure to test it with a finger before eating.
- Maintain a soft diet for the first two (2) weeks (pasta, mashed potatoes, soups, etc.)
- Leave the surgical site alone and chew your food on the opposite side.
- Brush the teeth in the **UNTREATED AREAS** as you normally would. You may **CAREFULLY** brush **ONLY** the chewing surfaces of the teeth in the surgical area.
- Rest and sleep on the opposite side of the face from surgical site.

DO NOT:

- Talk excessively on the day of surgery.
- Disrupt the sutures with your tongue.
- Look at the surgical area or pull on the lips or cheeks.
- Eat hot foods for the first 48 hours post-surgery. Allow hot foods to cool to luke-warm temperatures before eating
- Use a straw for five (5) days after surgery.
- Exercise for 48 hours after surgery. Return to exercise gradually. If bleeding or throbbing occurs, stop and rest.
- Brush the gums in the area where surgery was performed. You may brush the chewing surface of the teeth in the surgical area.
- Swish, spit, or rinse the day of surgery