

GENERAL POST-OPERATIVE INSTRUCTIONS

- **Do not** rinse or spit for 24 hours after surgery
- Keep your fingers and tongue away from the socket or surgical area
- Use ice packs on the surgical area (side of face) for the first 24 hours
 - Apply ice for 20 minutes on and 10 minutes off
 - Note: Bags of frozen peas work well
- For mild discomfort, alternate taking tylenol or ibuprofen **every 3-4 hours** or use a combination of both (as directed)
- For severe pain please use the medication that was prescribed to you
- Drink plenty of fluids but don't use a straw as this creates suction in the mouth that could cause complications
- We suggest that you do not smoke for **at least** 5 days after surgery
- Avoid strenuous activity and do not exercise for **at least** 3-4 days after surgery. After that, be careful: your regular caloric and fluid intake have been reduced so you may get light-headed, dizzy, or weak
- If the muscles of the jaw become stiff, use warm moist heat to the outside of your face over the spots that are stiff to relax the muscles
- After the first post-operative day, use a warm salt water rinse following meals for the first week to flush out particles of food and debris that may lodge in the surgical area.
 - Mix ½ teaspoon of salt in a glass of warm water. Mouthwash can be added for better taste
- Your diet should consist mainly of soft, easily swallowed foods and cool drinks.
 - Avoid anything that might get stuck in your teeth. So **no** seeds, nuts, rice, popcorn, or similar foods.

We are here to help if you need us! Please contact our office at **610-667-2770** or info@drweinstock.com if you have any questions or issues with these instructions.

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