

**INSTRUCTIONS FOLLOWING SURGERY**

1. Apply ice (in plastic or ice pack) to face, 20 minutes on, 10 minutes off. Repeat for the first 3 hours after surgery. This will help to keep swelling to a minimum. (Swelling may continue for several days.)
2. Slight bleeding can be expected during the first day of surgery. If bleeding is excessive after the first day, please contact our office.
3. Discoloration may accompany the swelling following surgery and will gradually disappear.
4. Do not raise lip to look at operated area. It is possible to tear the stitches accidentally, open the incision, and delay healing.
5. Continue to maintain good oral hygiene by brushing other parts of the mouth.
6. Stay on a soft diet the first day of the surgery. Following that, eat a normal diet, but avoid anything too hard (example: toast, steak, etc.) that might injure the surgery area.
7. Starting the day after surgery, use a warm salt-water mouthwash and gently rinse after meals. (½ teaspoon salt, ½ glass water) If a mouth rinse was prescribed for you, use as directed.
8. If there is pain, take prescription as directed. (Motrin, Tylenol, etc. can be taken for pain or discomfort.)
9. If antibiotics are prescribed for you, take them as directed and continue taking them until all gone. (Discontinue the medication if you develop an allergic reaction.)
10. Return to office for suture removal or follow-up visit as directed.
11. In rare instances, numbness/tingling can be present on the area of the lower lip following surgery on the lower jaw. This numbness is generally temporary. However, it might take 4-8 weeks to recover.

**IF ANY UNUSUAL SYMPTOMS DEVELOP, PLEASE CONTACT THIS OFFICE FOR ADVICE AND FURTHER INSTRUCTIONS.**

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