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## IMPORTANT INSTRUCTIONS FOLLOWING SURGERY

1. All surgical patients **should not** smoke, spit or use a straw for 24 hours. Normal activities may be resumed the following day as tolerated.
2. **Don't** be concerned if the surgical dressing (pink putty) falls out before your next appointment. This will not effect your healing.
3. Trismus (stiffness) of the muscles may cause difficulty in opening your mouth for a period of days. Anti-inflammatory medications and moist heat compresses to the jaw(s) can minimize this condition.
4. IF SURGERY INVOLVES A **TISSUE OR BONE GRAFT: Do not** disturb the site by pulling out your lip, this can dislodge the graft or sutures.
5. **Do not** brush or floss the surgical area until your next visit. Warm salt water or mouth rinse can be used instead.
6. When you get home, place some ice in a towel and hold it to the side of surgery for 5 minutes, then remove for 2 minutes. Continue this process for 24 hours; this will help decrease the swelling.
7. To help stop the bleeding apply pressure directly to the site of bleeding for 10 minutes with a gauze or moistened tea bag.
8. A semi-soft high protein diet such as: scrambled eggs, yogurt, bananas, instant breakfast drinks, apple sauce, cottage cheese, oat meal, cream of wheat, is recommended.
9. Sutures used during your surgery usually dissolve within seven to ten days.
10. **If the sinus was entered during surgery, please follow below instructions:**
  - There might be bleeding from the nose. This is not uncommon and should pass quickly
  - Swelling and sinus congestion is expected within 36-48 hours and may last for several days.
  - No nose blowing for one week. If you must sneeze, do so with your mouth open to avoid any unnecessary pressure on the sinus area.

## IV SEDATION PATIENTS ONLY

1. **Do not** perform any strenuous activity. **You should** remain in the company of a responsible adult until you are fully alert.
2. **Do not** attempt to eat a heavy meal immediately. If you are hungry a light diet (Liquids and Toast) will be more than adequate.
3. A feeling of nausea may occasionally develop after sedation. Lying down for a while and having a glass of cola beverages usually make you feel better.
4. **Do not** drive a motor vehicle or perform any hazardous tasks for the remainder of the day.
5. **Do not** take any alcoholic beverages or any medications for the remainder of the day unless you contact Dr. Khansari first.

### MEDICATIONS: TAKE ONLY WHEN CHECKED.

When Narcotic has been prescribed follow the direction carefully. If you have any questions about these medications interacting with other medication you are presently taking, please call our office.

- Motrin, Toradol, Ultram and Naproxen : Take 1 tablet every 6 hours for pain and inflammation. You need to do this for 4 days; this helps with the swelling.
- Amoxicillin, Clindamycin, Azithromycin, Cephalexin or other Antibiotics: Take one pill as instructed until you finish **all the pills**.
- Vicodine, Tylenol #3, Precocet and Viciprofen: (Heavy pain Killer) may make you drowsy. You cannot drive or work if you take this pill. Take one every 6 hours in case of severe pain. If you don't have severe pain, don't take it at all. Do Not take pain killers and Narcotics together or before six hour dose.
- Perio Guard/Peridex Squirt it with plastic syringe twice a day. **Do not** rinse or drink for thirty minutes following application.
- Sinus decongestions Tavist-D, Dimetapp or Sudafed.

**Call our office (858) 679-0142 if you have any allergic reaction or intolerance to your medications or if you have any question or concerns.**