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## **POST-OPERATIVE INSTRUCTIONS FOLLOWING SURGERY**

Dear Patient:

1. The surgical site should not be disturbed, and pressure should be maintained, until bedtime if possible.
2. Place a cold pack over the surgical area until bedtime. Careful brushing and flossing may begin after 24 hours.
3. Proper nutrition and fluids are important; choose soft foods that will not traumatize the area.
4. Some swelling is normal, as well as some possible skin discoloration. To minimize the swelling use an ice pack following surgery. Place on site 20 min., then remove for 20 min. Repeat for at least one hour.
5. Do not rinse, or spit, or use a straw for 12 hours.
6. Do not smoke!!! Smoking will delay proper healing.
7. Gently rinse with prescribed mouth rinse or warm salt water twice daily for the duration of 7-10 days. Again, do not spit for 12 hours. Gently lean over a sink and let the water or rinse run out of your mouth.
8. Take any and all prescribed medications at the appropriate time, as directed by the doctor.
9. In the event of excessive swelling, pain or bleeding, please contact this office immediately.

**Dr. Sung # (213) 610-6065**