

POST SURGICAL INSTRUCTIONS

Any questions please contact **Dr. John Govostes (617-833-3555)**

Discomfort

Discomfort is expected to last up to 48-72 hours following the surgical procedure but is usually minimized with Over-the-counter Analgesics or with Prescription Narcotic pain medications (if needed). On some occasions the discomfort may last longer depending on the type and extent of the procedure.

Over-the-counter Analgesics: (Ibuprofen, Motrin, Advil, Alleve) or (Tylenol/Acetaminophen)

These medications help with mild discomfort and can be taken every 6-8 hours. (Ibuprofen, Advil, Motrin, Alleve) also help reduce swelling however Tylenol does not. Dr. Govostes usually prescribes Motrin/Ibuprofen 600-800mg so that it is easier to swallow 1 pill rather than several smaller over the counter pills, but it is the same medication usually.

Prescription Narcotics: Vicodin, Percocet

These medications help with moderate-heavy discomfort and should only be taken as needed. Take only if needed. Avoid driving or operating heavy machinery since these medications can make you drowsy. There is a chance of dependency with prolonged use so use caution. Sometimes these medications can make you nauseas or vomit. Stop usage if this occurs. If you do need to take these medications then Avoid taking Tylenol as it is already in them, but it is ok to combine with Motrin/Ibuprofen.

Swelling

Some swelling may be present the day following surgery and usually peaks at 48 to 72 hours after surgery. This is a normal inflammatory response by the body and does not usually indicate an infection. The swelling should disappear after 3-4 days. Slight weakness, chills, and fever may be experienced during the first 48 hours as well.

- Apply ICE PACK to the outside of the face for for the first 24-36 hours following the surgery. Apply 20 min on and 5 minutes off continuously throughout the day.
- Relax the remainder of the day. Avoid any strenuous activities for 48 hours if possible (Examples: Working out, running, yard work)
- Try to keep your Head Elevated with 2-3 pillows while you sleep.
- Sip ice water, ice tea/coffee, or other cold liquids or consume ice cream throughout the day to keep the surgical area cold. Avoid using a straw, as suction can start bleeding.
- Motrin/Ibuprofen usages as mentioned above.
- Sometimes a Steroid (pill form) is prescribed and this will greatly reduce swelling. Take as directed

Bleeding

If you do experience prolonged bleeding then apply continuous pressure to the area of the mouth for 20 minutes with a cotton gauze. Sucking on a wet tea bag will also help stop the bleeding. If the bleeding is severe or uncontrolled then contact Dr. Govostes or report to the emergency room immediately.

Eating

Follow a soft food diet for the first 1-2 weeks. Avoid any spicy, crusty, or acidic foods. Chew on the opposite side of the surgical area. (Recommended Foods: soft pasta, eggs, Jell-O, ice-cream, luke warm soups, pudding, yogurt, soft non-acidic fruits.

Going to Work

It is advised that you do not return to work following the surgery and many people are able to return to work the next day. The amount of discomfort varies from individual to individual as well as the type of procedure performed.

Antibiotics

Often Antibiotics are prescribed following surgery as to prevent infection. If they are given then be sure to take them until completed. If you experience allergy, rash, nausea, GI-upset, Diarrhea then stop their usage.

Oral Hygiene

- It is important to completely avoid the surgical site for 2 weeks, but brush and floss the rest of the mouth as normal.
- Rinse with the prescribed Peridex / Chlorhexidine rinse 1-2 times per day for 30 seconds and then gently spit. After the 2 week post op visit, the surgical area may be wiped gently with a cotton swab dipped in the Peridex solution. Avoid prolonged use of Peridex rinse since it may cause surface staining of the teeth. If this occurs, a simple cleaning removes all of the stain and restores the teeth to their original color.
- **AVOID SMOKING!!!**- smoking greatly increases chances for infection as well as decreases healing

Care of the Dressing, Sutures & Surgical Site

- Should a protective dressing be applied to the surgical areas, it is there to keep you comfortable. Should a small fragment be dislodged, do not become overly concerned. If the dressing becomes loose, let it fall out. If you're comfortable without it, healing will proceed, provided you keep the area clean with rinses as prescribed. Call the office if there are any concerns.
- Avoid pulling on the lips/cheek to look in the mouth to see the surgical site. This causes undo tension on the area and may pull apart the sutures or compromise healing.
- The sutures are removed after 10-14 days however they may become loose after a week, which is common. If they are hanging in the mouth or pulling then you may call the office to remove them sooner or possibly cut them yourself with a small scissors.

*If experiencing any difficulty breathing, uncontrolled bleeding, dizziness, shooting pains to the chest/ arm/back/jaw, difficulty with speech or paralysis of one side, then report to the **E.R. Immediately or call 911***

Medications

- ICE, ICE, ICE for 24-36 hours (20 minutes on and 5 minutes off)
- Peridex Rinse (rinse for 30 sec then spit gently; 1-2 times per day (morning & night))
- Over-the-counter Analgesics: Motrin 800mg
- Prescription Narcotics: Vicodin
- Antibiotics _____
- Additional: _____