

**These instructions are important for proper healing. Please follow these guidelines to ensure the best outcome and recovery.**

**Immediately Following Surgery:**

1. Gauze pads will be placed over the surgical site(s) at the time of surgery. If bleeding continues, replace them with a dampened and rolled gauze pad(s) with firm pressure. Change every 30-45 minutes until minimal pink/red spotting is present.
2. Avoid vigorous rinsing or touching the wound area. Gentle mouth rinsing can begin the day after surgery.
3. If prescribed, begin taking antibiotics as directed.
4. Take anti-inflammatory medications for pain management prior to feeling discomfort.
  - a. Ibuprofen 600 mg tablets - take one tablet every 6 hours as needed for pain
  - b. Extra Strength Tylenol 500 mg tablets - take one every 6 hours as needed for pain
5. Take all medications with food to prevent upset stomach and nausea.
6. Limit your diet to cold, soft foods for the first 1-2 days, advancing as you are able. Drink plenty of fluids.
7. Place ice packs on your cheeks for 20 minutes at a time as needed.
8. Restrict activities on surgery day, resuming normal activity as able.
9. Biopsy results are typically received within one week after the surgery. We will review the results at your scheduled postoperative visit.

**Bleeding:**

1. Bleeding is normal after surgery and should slow down by the evening with proper use of gauze.
2. Slight bleeding, oozing or redness in the saliva is common for about 2 days postoperatively.
3. If bleeding does not slow down after replacing gauze in the area, then place a moistened black tea bag over the surgical area for 30 mins and bite down firmly. If you have any concerns with bleeding, please contact our office at (208) 667-0824. If calling after-hours, there will be a phone prompt that connects you directly to Dr. Griffitts.

**Medication:**

1. If antibiotics were prescribed, it is important to complete the course of the prescription, even if you are feeling well.

**Diet:**

1. It is normal for your jaw muscles to be sore. Chewing will be difficult but should improve with time.

**Swelling:**

1. Swelling can decrease when following ice application regimen.
2. Bruising of the skin is normal and can take up to 10-14 days to subside.