

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

Immediately Following Surgery:

1. A small bandage will be placed over the surgical sites and should remain for the rest of the day. It is normal to have minimal red spotting present on the bandage.
2. Avoid touching the surgical site.
3. 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
4. Take all medications with food to prevent upset stomach and nausea.
5. Place ice packs on your cheeks for 20 minutes at a time as needed.
6. Resume normal activity as able.

Bleeding:

1. 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.

Diet:

1. During your recovery period, 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.