



POST-OPERATIVE SURGICAL INSTRUCTIONS

DIET

- **For the first week, maintain a strict liquid diet**, and then slowly advance to soft foods for the first 2 months as advised by your doctor.
- Examples of soft foods should be non-chewable items like yogurt, applesauce, soft pasta, mashed potatoes.
- Avoid chewing hard foods like nuts or ice cubes at all times.
- **ICE TO FACE FOR 20 MINUTES EVERY HOUR FOR FIRST 24 – 48 HOURS.**
- Expect swelling to progress for the first 72 hours after which it should begin to subside.
- Some bruising may occur as well, this is normal, and may take a week or so to resolve.
- Gently brush teeth with soft brush and tooth paste and an alcohol-free mouth wash after each meal.
- Your doctor will inform you when it is safe to use a Waterpik. (usually after 3-4 weeks)
- **NO SMOKING** (this includes electronic cigarettes)
- If there is any bleeding, press damp gauze to the area for at least 20 minutes with firm pressure.
- It is normal to expect some light bleeding but if it persists call the doctor's office.

MEDICATIONS

- Take antibiotics as prescribed and until completely finished. Call if there are any adverse reactions.
- Take pain medications as needed. Do not exceed more than 4g of Tylenol a day (no more than 1 Extra Strength Tylenol every 6h) and no more than 200-400mg every 4-6 hours of Ibuprofen.
- Most patients do not require narcotics but if needed, take with caution and follow instructions from pharmacy.
- Your doctor may also prescribe some supplements such as Arnica or Bromelain if necessary.
- If you experience any problems such as painful worsening swelling, purulent drainage, or loosening of the prosthesis please call you doctor immediately to schedule an appointment.

It is our desire that your recovery be as smooth and pleasant as possible. We look forward to seeing you at your 1-week follow-up. If you have any questions about your progress, please feel free to call the office at **718-226-1251**.

A 24-hour answering is available after hours (with a doctor on call).