



## POST-OPERATIVE SURGICAL INSTRUCTIONS

**HOSPITAL STAY:** Our patients typically stay in hospital for 1-2 nights.

**PAIN:** Level of discomfort can vary between patients and different surgical procedures. Post-operative discomfort is well controlled with a combination regimen of prescription pain medicine, nonsteroidal anti-inflammatory drugs (NSAIDS) and Tylenol.

**SWELLING:** Swelling is expected and it will peak at 72 hours after surgery then slowly decrease. Approximately 50% of swelling is resolved at 2 weeks post surgery and 70% is resolved at 6 weeks. The remaining swelling can take up to 6-9 months to completely resolve, although this is usually noticed by the patient & family members only.

**DIET:** For the first 2 weeks, a liquid & puree diet is required. The diet is then advanced to very soft foods (anything you can crush with your tongue and the roof of your mouth). At 6 weeks, patients can slowly advance to a normal diet with no restrictions.

**ACTIVITIES:** Plan to take 2 weeks off for recovery. During your 2 week follow up, if appropriate, your surgeon may clear you for limited activities. Avoid activities like strenuous exercise, heavy lifting, and contact sports for a total of 6 weeks.

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