

DRS' TRYLOVICH, GIFFORD, MANTOR, SWENSON, IRVING

CHARLESTON 702-259-1943

HENDERSON 702-750-9875

RAMPART 702-508-6714

AFTER HOURS EMERGENCY: DR TRYLOVICH 702-324-1175	DR GIFFORD 702-686-3605
DR IRVING 850-381-2660	DR MANTOR 801-372-2501
	DR SWENSON 970-462-6132

POST SURGICAL INSTRUCTIONS

Avoid strenuous activity, exercising, heavy lifting, bending for 5 to 7 days!

- 1. Sutures:** Your sutures will be removed at your first post op appointment. If they fall out after 5 to 7 days, this is ok! They do not need to be replaced. You will still need to be seen at your post op appointment!
- 2. Bleeding:** Expect oozing and blood tinted saliva up to 24 hours after surgery. Keep your head elevated on pillows especially when lying down. (Elevation can also help with swelling). Your mouth should not fill up with blood or blood clots. **If active bleeding does occur, return to our office!** If it is after office hours, see the information under 'Emergency'.
- 3. Swelling:** **Use ice pack for the first 24 hours ONLY.** Apply the ice pack 20 minutes on, 10 minutes off. **Don't be alarmed** if you see swelling 2 to 3 days after surgery! **You may apply warm, moist heat at this point, 20 minutes on, 10 minutes off.** The swelling should decrease over the next few days. If you notice the swelling is unchanged or increasing after 4 days, call us during business hours. If it's after hours, see 'Emergency'.
- 4. Pain Meds:** Take your pain meds according to your prescription. Eat something first, being careful if you are still numb! If you are taking ibuprofen, you can alternate it with Tylenol or Extra Strength Tylenol 3-4 hours later. DO NOT TAKE MORE THAN THE PRESCRIBED AMOUNT FOR EACH. If your pain is not decreasing with the prescribed pain meds, call our office or see 'Emergency'. **NOTE: If you were given an opioid for pain, YOU MUST safeguard it from abuse and misuse of others! DO NOT drive nor operate machinery. No refills without the doctor's consent.**

(turn over)

5. **Eating:** Eat soft foods for the first couple of weeks after surgery; mashed/baked potatoes, pasta, ramen noodles, pancakes, scrambled eggs, vegetable soup, soft cooked vegetables and beans, yogurt, mac and cheese, smoothies (don't use a straw for your smoothie!), etc. Any food you can cut with the side of a fork is acceptable. Stay away from hard, tough, chewy, crunchy, sticky, sharp-edged, spicy foods. Stay hydrated on **non-alcoholic** liquids.
6. **Brushing:** Maintain good oral hygiene. **Do not brush, floss, or waterpik the surgical site!** Carefully brush and floss all other areas thoroughly.
7. **Rinsing:** **DON'T** rinse your mouth, spit, or use a straw for 24 hours! Doing this can dislodge the clot that needs to form to stop active bleeding. **Start the CloSYS mouth rinse 24 hours after your surgery. Note:** This rinse is over the counter at Walmart, Walgreen's, CVS, Smith's, Albertson's, Target; (may not be available at every single location of these places).
8. **IV Sedation/Sedative:** For IV and/or pill sedation, expect to feel sleepy the rest of the day. **DO NOT drive for 24 hours, nor operate machinery.**
9. **Emergency:** Dr. Trylovich 702-324-1175 Dr. Gifford 702-686-3605
Dr. Mantor 801-372-2501 Dr. Swenson 970-462-6132
Dr. Irving 850-381-2660
10. **Appointments:** **PLEASE SHOW UP FOR ALL POST OP APPOINTMENTS!**

This ensures you are healing and to help prevent complications.

Smokers: Please remember to **stop or minimize smoking for 2 weeks before and 2 weeks after surgery.** This will help the healing process!

Additional Notes:
