

Post-Op Care Recap

Here are the top 10 tips for care after surgery:

1. **Don't Touch!** Keep fingers and tongue away from surgical area.
2. **Cool It!** Use ice packs on surgical area (side of face) for the first 12 hours; apply ice 20 minutes on, 20 minutes off. Bags of frozen peas work quite well for this.
3. **Still Hurts?** For mild discomfort, take Tylenol or Ibuprofen every three to four hours.
4. **In Pain?** For severe pain, please use the prescription medication for pain given to you.
5. **Hydrate Yourself.** Drink plenty of fluids. Do not use a straw.
6. **Chew Gum.** If the muscles of the jaw become stiff, chewing gum at intervals will help relax the muscles. The use of warm, moist heat on the outside of your face beginning on the second day after surgery will further help with relaxation of the muscle.
7. **Eat Soft Foods.** Diet may consist of soft foods, which can be easily chewed and swallowed. Recommended foods and recipes are provided in the Menu section. No seeds, nuts, rice, or popcorn!
8. **Blood?** A certain amount of bleeding can be expected following surgery. Bleeding is controlled by applying pressure to the surgical area for 90 minutes. Then you may eat or drink. If bleeding persists, a moist tea bag should be held firmly on the area of bleeding for one hour straight.
9. **No Smoking, Please!** Do not smoke for at least five days after surgery.
10. **Drugs?** If you are on other medications, be sure to discuss this with your doctor or pharmacist to minimize adverse drug interactions. Do start taking a multi-vitamin daily, however, if you are not already doing so.