

#### SPECIAL POST SURGICAL INSTRUCTIONS:

1. Nothing hot to eat or drink for 24-48 hours (1-2 days). Then, a normal soft diet (not too hot; preferably cold) allowed. No drinking through a straw or spitting (since you don't want to create suction and possibly cause bleeding).
2. Use ice pack on the outside of the face (5 minutes on and 10 minutes off) for the rest of the day and evening until bedtime. Try not to sleep on surgical side.
3. Use 2 large glasses of iced water on day of surgery. Hold in mouth for 30 seconds and then allow to trickle out (do not spit out). This will help to control swelling and any mild bleeding.
4. For uncontrolled bleeding - use iced water rinses (as indicated above #3). If this does not help, apply pressure with either moistened gauze or a moistened tea bag for 10 minutes. If neither of these methods helps, call the telephone numbers listed below.
5. No smoking for 24 hours or longer if possible as this affects your healing.
6. Take medications as prescribed. Absolutely no alcohol if medications are prescribed.
7. Please refrain from any oral homecare procedures (flossing, tooth brushing) in the immediate surgical site for the first 10-14 days after your procedure (or as otherwise instructed by Dr. Gutt). The antibacterial rinse will help cleanse the area during this period.
8. There is a possibility of discomfort and swelling a few days after surgery, in most cases this is normal, but if it persists, please call one of the numbers below.

Dr. Mark I. Gutt