



## Basic Post Operative Instructions

*(More specific instructions are provided based on your procedure)*

**Please note:** After treatment it is normal for discomfort and swelling to increase 1 to 2 days after surgery, and may last for 7 to 10 days, if symptoms persist longer please call.

### **MEDICATIONS**

- Provided at the office or prescribed through your pharmacy, to be taken as directed
- Antiseptic rinse (Peridex) – twice a day (once in the morning and once at night), fill to the measure cup line (1/2 oz) and rinse for 30 seconds, continue use until your post-op appointment

### **COLD COMPRESS**

- Reduces swelling and discomfort, for the first 24 hours apply the ice pack for 30 minutes on and 30 minutes off

### **EATING/DRINKING**

- For the first 24-48 hours avoid very hot liquids and eat a soft/cool diet (pasta salad, tuna, yogurt...) and avoid crunchy, spicy, salty and acidic foods (pretzels, chips, tomato sauce...)
- As you heal, you may eat whatever you are comfortable with

### **SMOKING**

- **NO smoking** for 2 weeks, it will significantly impair healing

### **CONTROL BLEEDING** (if necessary)

- It is common to have some oozing after surgery
- Firmly bite down on gauze or place a wet tea bag (not herbal) with pressure on the area
- If heavy bleeding continues, please call us
- Please remember one drop of blood is like food coloring in water, it will discolor your saliva

### **EXERCISE**

- Discontinue all exercise and/or physically strenuous work/activity for 48 hours

### **NEXT APPOINTMENT**

- 2 to 3 weeks after treatment
- Brief but an important visit to ensure proper healing and the best results for your surgery

\*\*Please do not hesitate to call with any questions or concerns. The office number is **301-656-6424** and after hours Dr. Matin can be reached at **202-422-6262** \*\*