



POST-OP INSTRUCTIONS for SURGERY

1. **Bleeding:** Avoid using a straw and frequent spitting.

- Saliva may be slightly tinged with blood; this is normal
- Relax in a reclined position, but keep head elevated to minimize bleeding and swelling.
- If you find a steady flow of bright red blood, apply gentle but firm pressure to the surgical site with moist gauze for 15 minutes.
- If bleeding continues, repeat for 15 minutes with a moist tea bag.
- If bleeding persists, call the clinic (see numbers on reverse side)

2. **Pain:** Please take all prescriptions as prescribed

- Swelling: Ibuprofen (Advil or Motrin) – if possible
 - OTC = 400 – 800mg (every 4-6 hours) do not exceed 3200 mg/day
- Pain: Acetaminophen (Tylenol) – if possible
 - OTC = 500mg (every 4-6 hours) do not exceed 4000 mg/day
- You may also be given a prescription for pain medication.
- Avoid aspirin for pain relief because it may contribute to bleeding.
- If you have pain that the medication does not relieve, please contact Dr. Shelby (see numbers on reverse side)

3. **Antibiotics:**

- You may be prescribed an antibiotic to prevent infection.
- Be sure to complete the antibiotic regimen, no matter how you feel.
- If you notice a skin rash or swelling of the lips, fingers or throat, **STOP** drug immediately, and call our clinic or 911 for immediate evaluation

4. **Swelling:**

- A natural and necessary reaction to any injury which is a normal experience after surgery that usually peaks between 48 – 72-hours
 - **Ice:** Apply an ice pack to the surgical area as soon as possible. Rotate ice pack at 15 min on/15 min off for the first 24-hours.
 - **Discolored tissues:** Tissue near the surgical site may appear discolored. This is similar to a bruise and will resolve.

5. Smoking: **NO SMOKING for 48-72 hours**

- Smoking decreases oxygen flow to the surgical site and impairs healing
- Consider quitting all together or by use of medication or nicotine replacement.

6. Alcoholic beverages: **Avoid**

- Alcohol may slow initial healing of your surgical site.

7. Diet:

- **TODAY**: Cold, soft foods (yogurt, Jell-O, cottage cheese, creamed vegetables) or liquids (Ensure, Boost) are best. **STAY HYDRATED**
- **3 DAYS POST-OP**: Warmer, soft foods (soup, broth, eggs, mashed potatoes)
 - Consistency should never be firmer than Fish.
- Chew on the **OPPOSITE** side of your surgery
- Avoid small, hard, crunchy foods such as chips, crackers, nuts or popcorn
- Avoid any foods that may break into small pieces or contain seeds
- Avoid spicy foods and citrus juices

8. Exercise:

- Avoid strenuous exercise for 1-3 days. Raising the heart rate may result in increased swelling and bleeding, or possible suture rupture.

9. Oral Hygiene:

- **DO NOT** brush or floss the surgical site or adjacent teeth
- **Chlorhexidine (Perodex)** should be gently rinsed with starting the day after surgery and used throughout the post-op period to aid in plaque control

10. Sutures/Stitches:

- Non-dissolvable sutures will need to be removed in 10-14 days. In the event a suture comes loose, please contact the office (numbers below)
- Dissolvable sutures may be lost during the post-op; this is normal

QUESTIONS or NEED ASSISTANCE?

If you need to reach Dr. Shelby, please call the numbers listed below:

- Between the hours of 8am – 5pm: **(785) 841-1188**
- After 5pm: Dr. Shelby (660) 924-1556
- Go to the Emergency Room if you are having an emergency situation and no one can be reached.