



## **POST SURGICAL INSTRUCTIONS**

These instructions are designed to advise you of procedures that will aid in promoting comfortable healing and inform you of situations that may possibly require special attention.

### **DISCOMFORT**

It is not unusual to have a certain amount of discomfort for a few days following your surgery. In many instances two Tylenol or Advil tablets taken every four to six hours will be sufficient to relieve discomfort. Do not take aspirin as it promotes bleeding. You will be given a prescription for a more potent medication to relieve the post-surgical recovery period. The first dose should be taken as soon as possible after the surgery, then using this medication every four to six hours as needed to control discomfort. The medication may be taken with food to prevent nausea.

### **SWELLING**

Minor swelling or bruising of the skin in the surgical area may follow your surgical procedure. To minimize this it is advisable to place an ice pack over the area, 20 minutes on and 20 minutes off for the first 24 hours. Start the ice pack applications as soon as possible following surgery. Also hold cold water with ice chips in your mouth when the ice pack is not in place for the remainder of the day. Try not to return on the day of surgery because this may detach the blood clot. The swelling or bruising may continue for 2 or 3 days after surgery and then subside. If after the second day swelling continues, heat may be applied to the involved area in the form of wet or dry compresses as often as is convenient.

### **BLEEDING**

You can anticipate some oozage or slight bleeding for the first day. A small amount of bleeding is all that is necessary to dissolve your sutures. This oozage is normal. If continuous bleeding occurs, it may be controlled by placing a moist fresh tea bag over the area with constant pressure for 20 minutes (repeat if necessary). If you notice small jelly like clots do not detach the area. They will dry out and fall off.

### **POSTURE**

Keep your head in an elevated position for the first 2 days following surgery. Sleep with a few pillows behind you. Maintaining an up-right position will help reduce swelling.

### **DIET**