



Phone: (904) 880-0911 Fax: (904) 880-9388

POST-OPERATIVE INSTRUCTIONS
ORAL LESION

The first post-operative visit will be **one week** after surgery. Dissolvable sutures may or may not be placed during the procedure.

Rest as needed after surgery. **Sleep with head elevated for 2-3 days after surgery** to decrease swelling.

Maintain good oral hygiene.

Alternate **Tylenol and Motrin** every 4-6 hours as needed for pain management.

Apply ice for 15-20 minutes every 1-2 hours as needed to help with pain and inflammation.

It is recommended that a soft diet be maintained for one week: ice cream, yogurt, Jell-O, soups, mashed potatoes, popsicles, noodles, etc. **Avoid hard and crunchy foods.**

Avoid spicy, seasoned, citrus or acidic foods for one week.

Avoid these beverages: citrus, carbonated, and alcoholic beverages for one week.

Avoid smoking.

CALL THE OFFICE WITH ANY CONCERNS OR PROBLEMS (904) 880-0911