



Now that the surgical process has been completed, it's important to follow these recommendations to ensure proper healing. Remember, our office needs to see you 7-10 days after the surgery to remove the stitches and evaluate for proper healing.

**Caring for the treatment area:**

- Do not pull-on lips and/or cheeks, as this may damage the stitches and surgical site.
- Rinse with warm salt water twice daily until your suture removal appointment.
- Mouthwashes (Scope, Listerine) should be avoided.
- Place an ice pack on outside of the face alternating 10 minutes on/10 minutes off. This should be done as frequently as possible the day of the procedure. This will help minimize any swelling that may follow. The use of ice may be continued the following days, but has the most benefit the day of the surgery.

**Brushing and Flossing:**

- Brush and floss as normal however be very light with pressure in the area of the sutures.

**Restrictions:**

- The day of surgery, keep physical activities to a minimum. Feel free to resume daily routine once you feel comfortable.
- It is advised not to smoke for the next 48 hours as this can lead to further irritation in the area. Avoid using straws and small, hard, and crunchy food for the next few days.
- Avoid foods with small seeds as this can get caught in the sutures.

**Medications and Discomfort:**

- It is normal to experience some swelling and/or discomfort for the next several days after the surgical procedure. The peak of swelling may occur 2-3 days after treatment.
- If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
- To control discomfort, take pain medications before the anesthetic has worn off. Ibuprofen (motrin, advil, or appropriate generic) is the recommended medication. You are encouraged to take 600mg-800mg every 6 (six) hours pain or no pain for 2 - 4 days following the procedure. Patient's with an allergy to Ibuprofen and/or Aspirin are encouraged to take 500mg of Acetaminophen (Tylenol) every 4-6 hours not to exceed 6 tablets per day.
- Take all other prescribed medication as directed.

**If you have questions and/or concerns regarding your visit today please contact us.**