



After Surgery Instructions

DIET

- Eat as soon as possible after surgery
- Soft, mushy foods on the first day
- Encourage liquids for hydration

MEDICATION

- Take pain medication WITH FOOD before the numbness wears off

ACTIVITY

- Light activity is key
- Rest in a recliner or elevated position
- Minimal talking for several hours after the surgery

ORAL HYGIENE

- Begin brushing your teeth the day after surgery

SWELLING

- Use cold packs in the first 24 hours
- The third day after surgery, if it feels good, begin using moist heat
- It is normal to have increased swelling two days following surgery

BLEEDING

- Bleeding is controlled by pressure on the surgery site
- Bleeding will be stopped when you leave our office. It can start again by talking or activity.
- You can remove the gauze 30 minutes after leaving the office.

DO NOT drink alcohol while taking narcotic medications.

If you have questions or problems, please contact our office. In the event of an emergency, proceed directly to the emergency department of the nearest hospital.

Oak Ridge Office (865) 482-5811

Crossville Office (931) 484-3053