



## Surgical Post-Treatment Instructions

- It is not uncommon to have mild/moderate soreness for **3-5 days** after the procedure. To manage this, we recommend:
  - Advil [Ibuprofen] - 600mg
    - **Take 600mg every 4-6 hours as needed for pain.**
    - Advil is not recommended if you take blood thinners, are pregnant/nursing, or have stomach, gastrointestinal, kidney, or bleeding problems or have an Ibuprofen allergy.
  - Tylenol [Acetaminophen] - 500mg
    - **Take 500mg every 4-6 hours as needed for pain.**
    - Tylenol is not recommended if you have liver problems or have a Tylenol allergy.
    - Do not take additional Tylenol/Acetaminophen while taking medication such as Vicodin, Percocet, or Norco.

- If an ice pack was provided to you after your surgery, we recommend its use for the first 24 hours (20 min on, 20 min off). This will keep the swelling to a minimum.
- Avoid strenuous activity and exercise for at least **3-4 days** after surgery.
- If possible, elevate your head with extra pillows for the first **2-3 days** while sleeping.
- For extended bleeding, biting pressure with a regular tea bag can help control bleeding.
- We encourage a softer diet for the first month after the surgery. Avoiding chewing in the area will prevent injuries to the surgical site.
- Keeping the area clean with help with healing, We encourage gentle use of a soft bristle toothbrush to keep the surgical site clean. Use of mouth rinse is acceptable.
- Avoid smoking for the next two weeks as it can hinder healing.
- It is not uncommon for a few sutures to loosen after surgery. This should not cause any problems but you may contact our office if you are concerned.

If you are experiencing any swelling after treatment or your pain is not responding to medication.

- Please call our office at **(517) 787-4122** and follow the prompts for after-hours care
- If you are having a medical emergency, please call **911** or go to an emergency room.