

Post-Operative Instructions

Medications: Following your surgical procedure, Dr. Kolozenski will prescribe various prescription medications including anti-inflammatory pills, pain pills, antibiotics and/or an antibacterial mouth rinse. Should you have any unfavorable reactions (skin rash, severe nausea, etc.), please discontinue use and contact the office immediately. The following are the most commonly prescribed/recommended medications:

- *Motrin (Ibuprofen 800mg):* This will be your primary pain medication. You were given your first dose in our office at _____. Take your next dose at _____. Please continue this medication every 6 hours for at least the first 3 days to alleviate pain as well as decrease swelling.
- *Tylenol (Acetaminophen 500mg, OTC):* Please take every 6 hours, alternating with the Motrin for maximum pain control. We recommend your first dose should be taken at _____.
- *Norco (Acetaminophen/Hydrocodone):* This is your final resort pain medication. It is a narcotic; only use it if pain persists after the use of Motrin/Tylenol combo. Substitute the Tylenol with this medication, continuing Motrin and alternating with this instead. Never take it on an empty stomach...it can cause nausea and vomiting. If you aren't sure how this narcotic pain medication will affect you, we recommend cutting the pill in half to start. You can take it every 6 hours. Narcotics can cause constipation, so you may want to consider a stool softener (i.e. Colace).
- *Antibiotics:* Take this medication until all pills are gone. This is very important to decrease the risk of infection! We recommend the use of an OTC probiotic during prolonged antibiotic use. Please begin taking on _____.
- *Peridex (Chlorhexidine mouth rinse):* In lieu of brushing the *surgical area*, Dr. Kolozenski may have prescribed an antibacterial mouth rinse to kill the bad bacteria in the surgical area. Beginning _____, or 3 days after your surgical procedure, use twice daily (morning and night), swishing with the mouth rinse. Additional instructions will be given on duration of use at your first follow up appointment.

Swelling: Place ice packs, 20 minutes on then 20 minutes off, on the outside of the face near the surgical site for the first 48 hours. Also, take the prescribed anti-inflammatory medication (Motrin) consistently for the first 3 days to help reduce inflammation/swelling. Swelling can peak at the third day, so the more you ice, the better off you will be! Also, we recommend elevating your head for the first 1-3 days when you sleep to also reduce potential swelling. **DO NOT USE ANY HEAT IN THE AREA!**

Bleeding: Slight bleeding or oozing from the surgical area is normal. If bleeding continues, apply firm pressure using moist gauze or tea bag for at least 20 minutes. Please minimize physical activity, sit still and rest. You may want to cover your pillow with an old pillowcase/towel for the first few nights. If bleeding persists, call the office.

Diet: We recommend a soft food diet for several days following surgery. A general rule to follow: food that you can cut with a *fork* is probably ok to eat. Smaller bites that require minimal chewing are best. For instance, pasta, chicken, fish, meatloaf, potatoes, eggs, pancakes, soup, yogurt, pudding, etc. Please chew on the opposite side of the mouth, if possible. Also, avoid all crunchy, seeded foods (popcorn, nuts, tortilla or potato chips, sesame/poppy seeds, chia seeds, etc.). Avoid **HOT** liquids while you are numb to avoid burning your lips and/or tongue.

Oral Hygiene: Discontinue brushing and flossing *in the surgical area* for at least one week or until otherwise directed by Dr. Kolozenski. Use the prescribed mouth rinse two times daily until told otherwise. If you have an electric toothbrush, we recommend waiting at least 6 weeks after surgery to resume use...please use a manual toothbrush instead, or simply turn it off near the surgical area(s).

Miscellaneous: Sutures were likely placed in the surgical area. These will *dissolve* on their own, unless otherwise stated, within the first 3-10 days. Bruising or skin discoloration is not uncommon. We recommend that you avoid strenuous exercise for the first 48 hours. Additional symptoms that may occur include: pain in the ear, difficulty opening/closing, soreness in jaw/TMJ area, difficulty swallowing, cold/hot sensitivity. Lastly, do not use a straw, spit, or smoke as it can disrupt the healing process. We will see you in 5-14 days to check your healing, but please call or text our office @ **815-201-1000** with any questions or concerns!