

Post Surgical Instructions

What to Expect

Swelling	It is normal to experience some swelling in the area of the surgery and the cheek. Discoloration or bruising may also be present.
Discomfort	This may range from soreness to possibly pain. Any pain should be slight and relieved with the prescribed medication.
Bleeding	A small amount of bleeding or oozing can be expected. If it persists for more than a few hours, call Dr. Cabrera.
Plastic Protector	We may use a plastic protector to cover the surgical site. We will inform you on how long it should remain in place. If it comes off by itself, make sure that you keep the area clean.
Sutures	The sutures will probably dissolve by themselves, therefore, don't be concerned if they come out after a couple of days.

What To Do After the Surgery

- 1) Have all **prescriptions** filled and take them as directed.
- 2) **Rest** and avoid any type of vigorous activities for the next 48 hours.
- 3) Apply **ice** to the face in the area of surgery for 15 minute intervals for one full hour; repeat every other hour for the rest of the day.
- 4) **Avoid smoking** as this will compromise the healing.

Diet

Stay on a SOFT DIET to avoid trauma to the surgical site. Avoid anything crunchy or crispy for one week. A well-balanced diet is important to a speedy recovery. Do not eat or drink anything hot for the rest of the first day. Do not use a straw or anything that can create suction and interfere with the healing of the surgical site.

Hygiene

All areas not involved in the surgery must be cleaned as instructed. The surgical area should also be kept free of plaque, but some modifications should be made in your routine.

- 1) Keep the area free of any large food particles by rinsing several times per day with either plain water, Listerine or a prescription rinse.
- 2) Remove all plaque from the surgical site by using a soft toothbrush or a Q-tip. Do not disturb the plastic protector and do not floss the surgical site for two weeks.
- 3) Do not use an electric toothbrush on the surgical site until instructed.

Prescriptions

You will be given one of the following prescriptions. Please follow all instructions carefully and report any adverse reactions right away. Do not consume any alcohol while taking any medications.

Pain Medication:	_____	Antibiotic:	_____
Prescription rinse:	_____	Other:	_____

Emergencies

Due in large part to our attention to detail emergencies are rare, but if you become concerned or need assistance, you may reach us at (312) 944-7939. **After office hours, you may reach Dr. Cabrera (773) 415-7767 or Dr. Sabzehei at (312) 343-0568.**