



DENTAL HOUSE
DENTAL EXCELLENCE COMPASSIONATE CARE

A Dental Office of Janak B. Patel, D.D.S.

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Post-Operative Instructions for Cosmetic Plastic Surgery

1. Use ice in towel or ice pack on the outside of your face to minimize swelling. Use for 5-10 minutes on, then 5-10 minutes off during the first 24 hours.
2. After the first 24 hours, moist heat may be used if desired to help speed up the decrease in swelling. A hot moist towel or hot water bottle works well. If swelling persists or is increasing, call the office. *Light bleeding or oozing is normal during the first 1-2 days.*
3. First 24 hours, your first three meals should consist of cold liquids alone. Dietary supplements such as Instant Breakfast or Ensure work well. **AVOID** drinking through or using a straw.
4. After 24 hours, eat regularly and whatever you can tolerate. Soft foods like cooked vegetables, fish, pasta and meatloaf work well. **AVOID** chewing on the site of the surgery for 4 weeks.
5. NO brushing of the site until we give the go-ahead. It is OK to start light brushing after 7-10 days, but only after the doctor's permission.
6. Instead of brushing, use the Chlorohexidine mouth rinse twice daily for 4-8 weeks. Use only half of the amount instructed on the bottle for rinsing. After the first 2 weeks, you may DAB it on the site instead of rinsing to reduce staining of teeth. Staining is common with Chlorohexidine. Do **NOT** use a Water Pik for at least 4 weeks after surgery.
7. If you have been given a stent for covering for your palate.
 - a. Leave the stent in until the next morning.
 - b. At that time, remove it and resume brushing and flossing your other teeth as normal. The collagen might fall out and this is OK.
 - c. Leave the stent in FULL time for the first week, removing it only for brushing and flossing. You will eat with the stent in your mouth. Remove and clean the stent after each meal.
 - d. After the first week, we suggest using it during eating and sleeping for at least the next two weeks or until you feel comfortable without it. At this point the stent is only for your comfort, and it will not affect the outcome if you leave it in more or out more.
8. **DO NOT SMOKE OR 3 WEEKS AFTER SURGERY.** Smoking slows the healing and affects the results of treatment.

If you have any problems or questions, please call our office anytime. Thank you for allowing us to serve your dental needs and we wish you a speedy recovery.