

After Surgical Procedure Instructions

- **AVOID** pulling at your lips or cheeks to look at the treatment area, and **AVOID** touching or disturbing the treatment area.

FREEZING

- It may take a few hours for the freezing to wear off - take care to not bite or chew your lips and cheeks while numb.

EATING

- You can start eating right after your procedure, but **DO NOT** chew over the treatment area.
- **AVOID** hot foods while still numb. Instead, eat cold soft foods such as yogurt, pudding, ice cream or jello.
- After the numbing has worn off, stick to **SOFT** foods such as oatmeal, scrambled eggs, soups, fish, shredded chicken, ground beef, rice, pasta, mashed potatoes, avocados, steamed vegetables, sliced fruit (e.g. mangos, pears, bananas), yogurt, jello, pudding, etc.
- **AVOID** drinking through a straw for the next week - it disrupts the blood clot and causes discomfort.
- **AVOID** hard, crunchy or sticky foods such as raw vegetables, nuts, popcorn, chips, crackers, or candy.

BRUSHING AND FLOSSING

- Areas **NOT** involved in treatment can be brushed and flossed normally.
- **DO NOT brush the treatment area.** Instead, clean the treatment area **TWICE DAILY** (e.g. *morning and evening*) by rinsing for 1 minute with 15mL of the provided rinse. Some staining of your teeth may occur from using the rinse. The stain, if present, can be polished off at your next follow-up visit.
- After meals, you may gently rinse your mouth with salt water (*1/2 tsp salt per 1 cup of warm water*) to clear food debris from around the treatment area.

EXERCISE

- **AVOID** exercise that will cause you to sweat, increase your heart rate, or involve bending movements that will lower your head below your waist.

SWELLING AND BRUISING

- Swelling and bruising after treatment is normal, and usually develops 1-2 days after the

procedure. It may take up to 2 weeks for all the swelling and bruising to go away.

- Minimize swelling and bruising by applying **COLD** (*e.g. provided ice pack wrapped in a thin cloth*) against the face on the side of treatment, as often as possible (*e.g. 10 minutes on and 10 minutes off, every hour*), for the first 2 days after treatment. After 2 days, you can start applying **WARMTH** (*e.g. provided ice pack gently heated in the microwave and wrapped in a thin cloth*) over the treatment area, if it is comfortable to do so. You can continue applying warmth to the treatment area until the swelling goes away.

PAIN

- Take the prescribed medications as directed to reduce discomfort and swelling.

BLEEDING

- Mild bleeding or red-tinged saliva is normal for the first 24 hours after your procedure. If you notice bleeding, place a moist gauze over the treatment area and hold it in place for 30 minutes. If bleeding still occurs, repeat application with a moist black tea teabag for another 30 minutes. If bleeding persists, please call Dr. Tom Wierzbicki at **(587) 891-3344**.

SMOKING

- **AVOID** smoking or using tobacco/vaping products for as long as you can after your procedure, as this delays healing and can increase the risk of complications.
- If you must smoke, use gentle puffs, rather than long or strong drags of the cigarette/cigar/vaporizer.

STITCHES

- You will be informed if stitches, a liquid bandage, and/or dental pack were used during your procedure, and if they are dissolving or not dissolving.
- Non-dissolving stitches, appear white or blue, and will be removed at your follow-up visit(s).
- Dissolving stitches can take 2-4 weeks to dissolve.
- The liquid bandage and dental pack typically dissolve or loosen up 24-48 hours after the procedure.

EMERGENCY AND QUESTIONS

- If you experience uncontrollable pain, severe bleeding or swelling, a fever, a reaction to the prescribed medications (*e.g. itchy rash*), or have any questions about healing and/or these instructions, please call our office at **403-727-5307**, or after hours Dr. Tom Wierzbicki directly at **(587) 891-3344**.
- In case of a life-threatening medical emergency, call 911 and/or go to the nearest hospital Emergency Room.