



POST-OPERATIVE INSTRUCTIONS

1. **Today Until Bedtime:** Alternate 2 Tylenol/acetaminophen (2 regular strength or 1 extra strength) and 600mg Advil/ibuprofen (3 regular strength or 1 Motrin) every 2 hours. Substitute Norco (acetaminophen + hydrocodone) for Tylenol as needed for pain. Do not exceed 4 grams of Tylenol (acetaminophen) over a 24 hour period.

Next dose: _____Tylenol _____Ibuprofen _____Tylenol _____Ibuprofen, etc., until bedtime

2. **Next three days:** Ibuprofen 600mg, 3 times a day, after meals
 3. **Ice pack** outside face of surgical area for **the next 2 hours today**, alternating 10-15 minutes on, 10-15 minutes off. **Warm compress** on days 2 & 3 to help reduce swelling.
 4. **No brushing** of surgical site until instructed by doctor (typically by first or second post-op appointment). Do not pull lip down/out to look at surgical site, this may pull out stitches.
 5. **Rinsing:** If prescribed, use prescription mouth rinse (Peridex/chlorhexidine) twice daily for 1-2 minutes. Do not eat or drink anything for 30 minutes after rinsing. Avoid vigorous rinsing/swishing for the first 2-3 days following surgery.
 6. **Limit physical activity** for the next 48 hours (running, working out, heavy lifting, etc...)
 7. **Periopak (putty):** If used, leave in as long as possible then dispose of when it falls off/becomes loose.
 8. **Healing expectations:**
 - a. Peak swelling in 2-3 days
 - b. Swelling, bruising and black eyes may occur as part of the normal healing process.
 - c. Minor bleeding from the surgical areas is normal for the first 24-48 hours after surgery. If bleeding noticeably increases, place pressure to site with provided gauze for 10-15 minutes to control. If bleeding persists, place pressure with a moistened tea bag (black tea).
 - d. Dissolving stitches will dissolve and unravel leaving threads dangling that can be shortened via cuticle scissors. Do not pull or tug on stitches to remove.
 9. **Diet:** Softer foods; eat on opposite side from surgery this week. Avoid hot temperature foods and straws today.
 10. **Medications:** Take all prescribed medications as instructed. Once started, any prescribed antibiotics should be taken to completion.
 11. **Prescriptions:** _____
 12. If you have any questions or problems arise, do not hesitate to call us at 925-398-8903 during office hours. After hours, call Dr. Schellinck at 925-786-6594.
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