



Wound Care Instructions for Surgical Sites Near the Mouth

Do NOT:

- **Do NOT smoke for at least 2 weeks after your procedure**
- **Do NOT drink from straws until after follow-up**
- **Do NOT eat tough foods requiring a lot of chewing or large bites**
- **Do NOT engage in long conversations or phone calls**
- **Do NOT stretch your mouth or lips**

Do:

- **Eat soft foods from a spoon**
- **Limit talking and facial movements**
- **Sleep with your head elevated on several pillows or in a recliner**
- **Avoid strenuous activities**
- **Apply plenty of Vaseline and a bandage to your surgical site daily**