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*** POST SURGERY INSTRUCTIONS ***

1. **Bite on Gauze** (keep heavy pressure on surgery site) for one (1) hour after the surgery. Do not open mouth or take gauze out during the initial hour. Maintain **heavy pressure**. Moderate bleeding slight oozing is normal. However, heavy bleeding after 2 hours should be controlled by heavy pressure on a **wet tea bag**. If there is still prolonged heavy bleeding after a FEW hours, apply heavy pressure by biting down on the wet tea bag and call our office immediately.
2. Fill the **Antibiotics** and / or the **Pain Prescription** on the way home and take it right away according to the directions on the pill-bottle. After that, take the Pain Medication only if you need it . If you become nauseous or have any **UNUSUAL REACTIONS** such as **hives, rash or difficulty of breathing**, discontinue use and call us immediately.
3. **ICE PACK(S)** : you may use ice pack(s) immediately for the for the **first 24 hours**. Apply the ice pack(s) on and off every **15 — 20 minutes** intervals. Ice pack(s) will keep the swelling under control.
4. **DO NOT** eat anything **HOT / SPICY** today. Go with **COLD** or **LUKEWARM LIQUIDS** : such as soups, milkshakes, ice cream, popsicle, mashed potatoes, etc.
5. **Do not RINSE, do not SPIT, do not SUCK THROUGH STRAW and do not SMOKE Today**. Tomorrow, start rinsing gently with warm, salt water and gently rinse about **6 — 10** times everyday until you return to this office for sutures removal .
6. Today, **NO strenuous exercises**. Routine activity is Okay. Take it easy. Starting tomorrow, you may eat or drink anything you can **tolerate comfortably**.
7. Your appointment for suture removal is on :

____MON ____TUE ____WED ____THUR ____FRI ____SAT

DATE _____ AT _____ AM / PM

If you have any problems **AFTER REGULAR OFFICE HOURS**, you may contact us by dialing **(703) 352-2500**. However, if you are in an emergency situation, which requires immediate attention, but are unable to reach us, then go to a **hospital emergency room** or a **medical emergency care facility**.