

POST OP INSTRUCTIONS FOR TORI REMOVAL

- Do NOT eat anything until the anesthetic wears off, as you might bite your lips, cheek, or tongue and cause damage. You will more than likely have some discomfort when it wears off; take 1000MG ACET/800MG IBU every 6 hours for discomfort.
- Slight swelling of the operated area is not unusual. Even bruising and chapped lips may occur. Head wrap with ice packs (enclosed), may be applied to the area of surgery to help minimize the swelling of your face. Alternating 20 minutes on and 20 minutes off will usually be adequate during the first 24-48 hours after surgery. Keeping your head elevated above your heart will also help when resting or at bedtime.
- Minor bleeding, such as a pinkish tinge to your saliva, may occur during the 48 hours following surgery. Avoid extremely hot foods for the rest of the day and do NOT rinse out your mouth, as these will often prolong the bleeding. If bleeding continues, apply light pressure to the area with a moistened gauze or moistened tea bag (gauze enclosed). Keep in place for 20-30 minutes without looking to see if the bleeding has stopped. (NO PEEKING!) If bleeding increases or occurs past the initial 48 hours, please call our office as soon as possible to notify the doctor and receive further instructions. Avoid any strenuous physical activity for the next 2-3 days to prevent or minimize severe bleeding.
- Please follow a soft food/liquid diet, taking care to avoid the surgical area(s) when chewing. Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids. Smoking is not advised during the 7-14 days following surgery.
- Maintain normal oral hygiene measures in the areas of your mouth not affected by the surgery. In areas where there is dressing, lightly brush only the biting surfaces of the teeth. After you have eaten or you have snacked, please use lukewarm salt water rinse 4-6X a day; 30 seconds of swooshing with each use. Vigorous rinsing should be avoided!!! Starting tomorrow: Please use IOrinse 2X (morning and night) a day; 30 seconds of swooshing with each use. Please do NOT play with the surgery area with your fingers or tongue. Do NOT pull up or down the lip or cheek to look at the area and do not have someone else look at the area. Just LEAVE IT ALONE! Do NOT use a drinking straw, as the suction may dislodge the blood clot. Avoid extremely hot foods. Cold foods such as ice cream or shake are OK as long as you use a spoon
- Try to relax and your healing should progress well.

If you have any questions or concerns, please call 920-983-8383 or 920-366-0959.