



ADVANCED AESTHETIC CENTER FOR
ORAL AND MAXILLOFACIAL SURGERY

LASER/BIOPSY POST-OPERATIVE INSTRUCTIONS

PHONE (954) 659-9990

1. **RINSING:** WARM SALT WATER RINSE (8 OZ. GLASS OF WATER WITH 1 TSP. OF SALT). AT LEAST FOUR (4) TO FIVE (5) TIMES A DAY FOR ONE (1) WEEK.
2. **DIET:** NO SPICY OR CITRUS FOODS FOR THREE (3) DAYS THEN RESUME DIET AS TOLERATED. SPICY AND CITRUS FOODS CAN CAUSE SOME STINGING AT THE WOUND.
3. **INSTRUCTIONS:** THERE MAY BE SPECIFIC INSTRUCTIONS GIVEN TO YOU AFTER SURGERY BY YOUR DOCTOR/ASSISTANT AS IT PERTAINS TO THE PARTICULAR PROCEDURE YOU HAVE UNDERGONE.

SOME OF THE FOLLOWING SITUATIONS COULD ALSO APPLY TO YOU DEPENDING ON THE PROCEDURE(S) AND TYPE ANESTHESIA YOU RECEIVED.

POST IV ANESTHESIA INSTRUCTIONS

THE MAJOR EFFECTS OF THE INTRAVENOUS DRUGS WILL HAVE WORN OFF BEFORE YOU ARE ALLOWED TO LEAVE OUR OFFICE. HOWEVER, THERE CAN BE RESIDUAL EFFECTS LASTING SIX (6) TO (12) HOURS AND SOMETIMES LONGER. DURING THIS TIME, YOUR REFLEX TIME AND JUDGMENT MAY BE ALTERED. THEREFORE, YOU ARE ADVISED NOT TO DRIVE AN AUTOMOBILE OR OPERATE MACHINERY DURING THE DAY OF THE ANESTHETIC OR WHILE TAKING NARCOTIC PAIN MEDICATIONS. DURING THAT SAME PERIOD SHOULD YOU EXPERIENCE LIGHTEADEDNESS, DIZZINESS, ETC., DO NOT ATTEMPT TO WALK WITHOUT ASSISTANCE.

POSSIBLE CONDITIONS AFTER SURGERY

ONE OR MORE OF THE FOLLOWING CONDITIONS MAY DEVELOP AFTER YOUR PROCEDURE. IF SO, PLEASE REFER TO THIS SHEET. CALL OUR OFFICE IF YOU HAVE ADDITIONAL QUESTIONS.

1. **ANTIBIOTICS:** MAY CAUSE DIARRHEA OR STOMACH UPSET. EATING ACTIVE CULTURE YOGURT WITH "ACIDOPHILUS" OR PROBIOTICS MAY HELP DECREASE THE INCIDENCE OF THIS BY RESTORING NORMAL GASTROINTESTINAL FLORA.
2. **FEVER:** THE NORMAL, AVERAGE ORAL TEMPERATURE IS 98.6° FAHRENHEIT OR 37° CELSIUS. YOUR TEMPERATURE MAY RISE SLIGHTLY FOR A DAY OR TWO AFTER SURGERY AND IS USUALLY OF NO CONCERN. IF YOU FEEL WARM OR SWEATY, WE RECOMMEND THAT YOU TAKE AND RECORD YOUR ORAL TEMPERATURE DURING THE MORNING AND BEFORE RETIRING. A PERSISTENTLY RAISED TEMPERATURE SHOULD BE REPORTED TO OUR OFFICE. DRINK PLENTY OF FLUIDS DURING THIS PERIOD, BUT NOT WITHIN THE FEW MINUTES BEFORE TAKING YOUR TEMPERATURE.
3. **IV INJECTION SITE:** THE POINT WHERE THE NEEDLE ENTERED THE VEIN MAY DEVELOP A BLUISH COLOR WHICH WILL CHANGE TO YELLOW AND THEN TO NORMAL IN A MATTER OF DAYS. THERE MAY BE A SLIGHT TENDERNESS TO THE AREA AND PERHAPS SMALL LUMPS. THESE SIGNS AND SYMPTOMS ARE USUALLY OF NO CONCERN AND ARE BEST TREATED WITH A HOT, MOIST TOWEL AND ELEVATION OF THE ARM. SHOULD THE ARM BEGIN TO SWELL OR TENDERNESS PROGRESS UP TOWARD THE SHOULDER, PLEASE CALL OUR OFFICE.
4. **NUMBNESS:** AS WE EXPLAINED PRIOR TO SURGERY, A PARTIAL NUMBNESS OF YOUR LIPS OR TONGUE MAY BE APPARENT WHEN THE LOCAL ANESTHESIA WEARS OFF. TIME WILL USUALLY RESOLVE THIS CONDITION. IT COULD BE SEVERAL WEEKS TO SEVERAL MONTHS BEFORE FEELING RETURNS. IT RETURNS SLOWLY AND IT IS HARD FOR YOU TO PERCEIVE THE CHANGE. SENSATIONS OF "BURNING," "TINGLING," OR "ELECTRIC SHOCKS" IN THE NUMB AREAS INDICATE THAT FEELING IS RETURNING. CALL ANY NUMBNESS TO OUR ATTENTION AT YOUR FIRST POSTOPERATIVE VISIT.
5. **SORE LIP/CHEEKS:** THE CORNERS OF YOUR MOUTH MAY BE DRY AND CRACKED AFTER SURGERY. THIS IS BEST TREATED BY GENTLY APPLYING VASELINE® OR BLISTEX® LIP BALM.