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Facial Plastic and Reconstructive Surgery
Otolaryngology – Head and Neck Surgery
Center for Facial Paralysis
Providence Medical Group
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Important phone numbers:

1. Providence Regional Medical Center Everett: (425) 261-2000
2. Providence Mill Creek ENT Clinic: (425) 316-5100
3. Providence North Everett ENT Clinic: (425) 297-5350

ORAL SURGERY

BEFORE AND AFTER YOUR SURGERY

Thank you for choosing Providence Facial Plastic and Reconstructive Surgery for your care. Please follow these instructions for care of your wound. Do not hesitate to let us know if you have any questions.

Before your operation:

1. Do not take any of the following medications for 4 weeks prior to surgery:
 - a. Aspirin (unless it is a 81 mg dose required by your primary care provider)
 - b. Advil containing compounds (Motrin, Alleve, etc.)
 - c. Herbal supplements (Ginko, Ginseng, Garlic, etc.)
 - d. Fish oil
 - e. Vitamin E
2. Do not smoke for at least 6 weeks before AND after surgery. This includes tobacco, marijuana, cigars, pipes, etc.
3. Do not drink alcohol for 7 days before surgery.
4. Make sure to purchase a few things over the counter:
 - a. Gauze pad
 - b. Ice Pack
 - c. Salt

Specific aftercare instructions:

1. While sleeping, keep your head elevated on at least two pillows for the first 2 weeks after surgery so your head is at 20 degrees or more. This will help your swelling.
2. The swelling will peak at 48 – 72 hours post-operatively.
3. Usually, Dr. Bhama will recommend only Tylenol and Ibuprofen for pain. You can take these around the clock per the instructions on the bottle. If required, you may take extra narcotic pain medication if prescribed.

4. It is normal to have minimal bleeding on the wound. If the bleeding continues after 24 hours, call the office. To control bleeding, you can try applying pressure to the wound for 20 minutes using a gauze pad. If you run out of gauze, you can use a tea bag to apply pressure to the wound. This will also help stop bleeding.
5. DIET:
 - a. On the day of surgery, you may start with a liquid diet and then advance to a soft food diet for 6 days. At the 7 day post-operative point, you may have a regular diet.
 - b. Do not use straws.
 - c. Minimize your salt intake to help reduce swelling.
 - d. Do not drink alcohol – alcohol and pain medications taken together can be dangerous. Alcohol can also worsen your swelling.
6. It's ok to shower immediately after surgery.
7. WOUND CARE:
 - a. For your wound, GENTLY rinse your mouth with salt water. You can make this by mixing half a glass of lukewarm water with ½ teaspoon salt. You should rinse after each meal (at least three times daily). You can brush your teeth but avoid the surgical site.
 - b. Apply ice packs to the wound 20 minutes of each hour while awake for the first 2 days.

General Instructions:

1. ACTIVITY:
 - a. No strenuous activity (anything that increases your heart rate above 100 beats per minute such as aerobics, heavy lifting, bending over) for 4 days after surgery.
 - b. You SHOULD start walking as soon as possible after surgery.
2. Swelling will continue to improve over the next few weeks.
3. *Call the office immediately if:* you have nausea, vomiting, rash, shortness of breath, diarrhea, a fever, redness or increased pain at the surgical site.