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Post-Operative Instruction for PST

Oral Hygiene: After 24 hours, once bleeding has stopped, a warm salt water mouth rinse (1/2 teaspoon salt added to a warm glass of water) will aid in healing. Do not wear any mouth appliances until instructed to do so by Dr. Ratliff. **NO BRUSHING or FLOSSING** in surgical area.

Bleeding: Absolutely do not suck on the wound or spit unnecessarily as it will prolong the bleeding. Do not be alarmed, it is normal to have some blood in your saliva during the next 24 to 48 hours.

Pain Control: Take three over the counter Advil every 6 hours. You may add up to 1,000mg of Tylenol if needed. Do not exceed recommended daily dose. If this does not control the pain, please call the **office at 847-724-6343**.

Swelling control: To aid in the prevention of swelling, the application of ice packs to the face is very effective. Ice packs should be used 20 minutes out of each hour until bedtime. The regular application of ice packs is recommended for two days following the procedure. Do not apply heat to the face unless you are specifically told to do so.

Diet: You may have clear liquids when arriving home. After 2 hours, a soft diet may be resumed. Drink plenty of fluids, but **DO NOT USE A STRAW**. Do not consume alcohol for the first 24 hours following the procedure.

Rest: Avoid Over fatigue. Go to bed early at night and get adequate rest during the day. Remain inactive for 24 hours following the procedure.

Lips: If the corners of your mouth are cracked or sore from the retractors during surgery, keep them lubricated with a little Vaseline or Aquaphor.

Bruising: Do not be alarmed if yellow, blue, or black discoloration appears on your face or neck after surgery. It will fade away in about a week to ten days.

Antibiotics: If prescribed, follow the instructions.

Suture: Occasionally sutures are placed. The sutures are non-dissolvable and will need to be removed by Dr. Ratliff.

Post-Op Visits: You should return to the office for your post-op visits at the suggested time. However, feel free to call if you have any additional concerns.

After Hours: If you have any concerns outside of the normal business hours of the office, please call Dr. Ratliff at **773-420-9880**.