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Postoperative Surgery Instructions:

- Do not lift your lip to view the site of the operation, you might tear the sutures.
- Apply ice over the site of the operation (on the facial side), for 20 minutes on and 10 minutes off for the next 6 hours. This will help control swelling and bruising. If bruising does occur, moist heat can be applied to the area the day after surgery.
- The teeth and gums should be given their usual care, except in the region of the operation. Light brushing of the teeth in the surgical area can begin on the second day after the surgery.
- The day after surgery, gently rinse your mouth with a glass of warm salt water (1/2 tablespoon of salt in a glass of warm water). This should be done after every meal and will promote healing.
- Some swelling and bruising can occur and will gradually disappear. Slight bleeding is normal for the first 24 hours.
- A healthy diet will promote the healing process. Select foods that will be nourishing but will not require vigorous chewing. For your own comfort during the first 24 hours, a soft food diet is recommended. Drink plenty of fluids, but avoid the use of a straw.
- Cigarette smoking should be avoided at least during the first 24 hours after surgery.
- In case of emergency, please notify the office at once.