* **Hard:**
* **Do NOT eat:** meat, salad, chips, nuts, crust, etc.
* **DO Eat:** chicken, pasta, potatoes, fish, noodles, yogurt, eggs, applesauce, cottage cheese, ice cream, etc.
* **Hot:**
* If you need to blow or sip your food, it is too hot
* Cold food is the best, warm is okay
* **Heavy:**
* Do not pick up anything heavy or do any exercise that will increase your heart rate because this increases the blood flow, preventing the blood from clotting
* Be careful when bending down. Blood can rush towards your head and can cause discomfort.
* **Pressure:**
* Do not change the pressure in your mouth.
* Do not use straws
* Do not blow up balloons
* When rinsing and spitting out toothpaste and listerine do so very gently and softly

**Stitches come out on their own after 10-12 days. You may feel small sand-like particles. That is normal**

**Use ice every hour for 10 minutes for today and tomorrow, alternating sides. Ever If you are very swollen, then after 4 days use a warm compress**

**Medications:**

1. Motrin - 800 mg prescription - Take 1 pill with 2 extra strength Tylenol immediately post-operation. Repeat 4 hours later. After that, take every 6-8 hours. (Motrin should be taken a total of 1 pill 3 times a day.) Take motrin even if you do not have pain because it helps with the healing.
2. Codeine – only take if you are having a lot of pain; Take 1-2 pills every 4-6 hours for severe pain. If you take this, DO NOT take Tylenol with the motrin as instructed in #1, since codeine has Tylenol in it.
3. Antibiotics – Use as directed
* NO smoking
* Get a good night sleep and rest

As best as you can, eat regular meals at their regular times. DO NOT MISS MEALS. Avoid foods with seeds and the like (they may get stuck in the sutures). Take all of your medications regularly, unless instructed otherwise

Brush/ floss all your teeth regularly except the area of the surgery

No Water-Pik in surgical areas

Take 800 mg Motrin in the morning, afternoon and before bedtime

Apply ice 15 minutes on 45 minutes off, this will help keep the swelling down

No hot liquids

No strenuous exercise

No swishing, spitting, sucking, using straw… or anything that changes the pressure in the mouth

Small amounts of bleeding is normal and expected

Should an emergency occur – at any time (24/7), call the office and you can be transferred to Dr. Mintz ’s cell phone: 845.282.5617

Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_