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## FAUQUIER EAR NOSE & THROAT CONSULTANTS, PLC



### Post-Procedure Instructions

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#### Intra-Oral Surgery

Avoid talking as much as possible for the first 2 weeks after surgery. This is to allow healing to occur while the sutures dissolve inside the mouth. With talking, it places a stress on the incision line and risks breaking the suture. With suture breakage, the wound may open and the risk of infection increases. It is normal for the appearance of a white scab (looks like a skin scab after getting wet) in the area of the suture line. This will fall off over time.

PLEASE DO NOT SMOKE as it impedes healing and increases risk of infection.

- Do not drink liquids with a straw.
- Limit your diet to a SOFT diet for the first two weeks. Do not eat anything that has a firmer consistency than that of mashed potatoes or scrambled eggs.
- Brush your teeth with meals.
- Rinse after meals, upon awaking, and upon going to sleep with salt water (pour table salt into a large glass of water until it tastes salty)

#### Medications and Follow-Up

You may be given a prescription for pain medication to take every 4-6 hours as needed for pain as well as other medications. You may also be given a prescription for antibiotics, It is important that you complete your course of antibiotics, Failure to do so may result in infection. You will have a return appointment in about one week unless otherwise instructed by your physician. On return visit, the final pathology should be known as it takes about 7 days for determination.

#### Contact Us

- With any questions or concerns during business hours if not life-threatening.
- Call us immediately if temperature >101.5, persistent bright red bleeding, difficulty swallowing or breathing, sudden swelling.