



WOUND CARE: The sutures in your mouth are dissolvable. To keep them clean and prevent infection, **rinse your mouth with lukewarm salt water after every meal.** DO NOT brush your teeth for 48 hours. Use a small toothbrush for 2 weeks and be very gentle. Localized swelling and bruising inside the mouth will occur around the incision site. To help with the pain and swelling you may use cold compresses on your cheeks. Minimize talking/laughing as it may increase pain and swelling.

ADDITIONAL INSTRUCTIONS: For one week after surgery, eat foods that are soft and require minimal chewing. AVOID using straws and opening your mouth more than 1 inch. **Do not eat any foods that are spicy, sharp, or have a granular consistency.** Decrease salt/sugar intake and focus on increasing protein and fiber. Minimize caffeine and drink plenty of water to support healing and prevent constipation. **Do not smoke or drink alcohol.**