



Pre-surgical indications

- Have normal meals the day of surgery. **In cases of intravenous sedation, no food intake four hours before the surgery.**

Trans-surgical indications

- **ONLY THE PATIENT WILL BE AT THE SURGERY. PARENTS ARE NOT ALLOWED.** During the surgery you should not feel pain. The only sensation should be pressure.

Pos-surgical indications

- **Pain:** Pain should be well controlled with analgesics. In case the pain begins to increase after the second day contact the surgeon to make adjustments in the analgesic therapy.
- **Swelling:** is normal after surgery. It grows during 72 hours. From then on, it diminishes slowly until it disappears completely in 8 days. To control excessive swelling, apply ice outside the area of surgery for 30 minutes every hour during the first 12 hours. After 72 hours, to diminish swelling, apply humidified hot towels for 20 minutes every 6 hours.
- **Bleeding:** Press the gauze with your teeth for 30 minutes to control bleeding. Throw it away and begin drinking cold liquids. You will see little bleeding with a lot of saliva for the next 24 hours. Do not spit saliva or drink liquids with straw for the next 12 hours. Also avoid vigorous mouthrinses for the next 24 hours. In case of persisting bleeding, apply the gauze again for 20 minutes. If bleeding does not stop, contact the surgeon.
- **Bruising:** It may occur, appearing generally after 48 hours. It is normal and will disappear in 10 to 15 days. You may accelerate this process applying humidified hot towels over the swelled areas for 20 minutes every 8 hours.
- **Diet:** During the next week take a soft diet avoiding hot food and hot drinks the first 12 hours.
- **Oral Hygiene:** have a normal oral hygiene. Avoid vigorous mouthrinses for 12 hours.
- **Mouth opening:** there will be difficulty with mouthopening for 1 to 2 weeks. It will be normalized by itself.
- **Smoking:** Avoid smoking for the next 12 hours. After this, smoke the less possible for 1 week.