

POST SURGERY INSTRUCTIONS

The Day of Surgery:

- 1.) Bite on a gauze for a half hour. After twenty minutes replace the gauze with a fresh one. Repeat this as long as necessary. If bleeding begins later, bite on another gauze, wet with water.
- 2.) Oozing from surgical site is normal. Do not suck on the site or spit vigorously. Do not suck through straws. This could dislodge the blood clot necessary for healing.
- 3.) Avoid alcoholic or carbonated beverages (coke, beer, etc.) for 24 hours. Iced tea, water or juices are best.
- 4.) Do not smoke or at least keep it to a minimum.
- 5.) Eat and drink on the opposite side.
- 6.) Keep head elevated as much as possible.
- 7.) Keep pressure off of nose area. If you sneeze or cough, do so with your mouth open. If possible, avoid blow your nose.

Succeeding Days:

- 1.) If bleeding persists, call Dr. Stanley.
- 2.) 3-4 days after surgery, begin rinsing gently with warm salt water at least 4 times a day for one week.
(1 1/4 teaspoon of salt in 8 oz. of warm water.)
- 3.) If antibiotics have been prescribed, take them as directed and be sure to take them all.
- 4.) If instructed, take 2 Transmix day before procedure, 2 Transmix day of procedure, and 2 day after procedure. (helps with healing process).
- 5.) If instructed, alternate Lortab and Advil every 2 hours

8 am	10am	12am	2pm	4pm
Advil	Prescription	Advil	Prescription	Advil

Taper back on Prescription first then taper back on Advil as discomfort decreases.

IF YOU HAVE ANY QUESTIONS OR DIFFICULTIES, PLEASE DON'T HESITATE TO CALL DR. STANLEY, AT (830)693-0748 (OFFICE)