

After Surgery Care Instructions

Removal of Oral or Lip Lesions

Activity:

- Anyone having a general anesthetic surgery should not participate in any activity requiring mental alertness, physical coordination, or balance; e.g., driving, bicycling, etc., for 24 hours after the anesthetic.
- Try to not move your face around the operated area. Limit facial movements and chewing. Limit movement around any lesion removed from other areas of the body.

Diet:

- You may be advised to consume a clear liquid diet, or soft diet (e.g. mashed potato consistency). Follow recommendations for best results.
- No alcoholic beverages for the first 24 hours after surgery and if taking narcotic pain medication.

Surgical site:

- Keep the surgery area clean by rinsing your mouth with salt water
 - Use 1/2 teaspoon salt in 6 ounces of water,
 - Rinse your mouth after meals and 4 times a day.
 - If the salt water is too painful, use plain tap water.
- If you have sutures inside your mouth, often these will dissolve and open up. This is normal. The wound will continue to heal. Please call the office the following day to notify us if your sutures change.
- Cosmetics (make-up) may be used over the surgery areas beginning 24 hours after all sutures and/or staples are removed; **only if no open wounds or scabs are present**. During the healing process, good skin care is recommended in the operated area. If you normally use creams or lotions on your face, it is OK to use them on the healing incision as well. All applications near or over the incision lines should be made parallel to the incision line in order to minimize pulling on the incision.
- All incisions leave scars. Your scar will be designed and placed, as much as possible, to blend with your facial contours. A “good scar” is one that is no more than a fine line, level and even with the surrounding skin, and causes no contracture, pulling, or distortion on the surrounding structures.
 - Scars will mature and change for up to one year after your surgery. Some areas of the face and neck may scar more than others.
 - This is due to varying thicknesses of skin, tension, or movement amounts.
 - Sunscreen/sun avoidance is important to avoid darkening of the scar



Medications:

- You may be prescribed **chlorhexidine** mouth rinses to keep the mouth clean. If so, please use as directed.
- For the best surgical result, take all medicine as directed.
 - Alternate 1000 mg **tylenol** and 800 mg **ibuprofen** every 3 hours
 - Example:
 - 9:00 am ibuprofen
 - 12:00 pm tylenol
 - 3:00 pm ibuprofen
 - 6:00 pm tylenol, etc.
 - A prescription may be given for **oxycodone** (Roxicodone) for pain not controlled with Tylenol and ibuprofen.
 - Please call the office (702) 834-5886 if you have pain that is not controlled with medicine or if the pain is getting worse.

Please call the doctor's office for:		(702) 834 - 5886
Bleeding	If bleeding should occur, call the doctor's office immediately	
Swelling or redness	Some swelling and redness is normal after the surgery. Please call the doctor's office if this swelling or redness gets worse.	
Fever	A slightly higher temperature is normal after surgery. A moderate high fever (oral temperature over 101 degrees) may mean there is an infection and should be reported to the office.	
Pain	If your ear pain is not relieved by Tylenol, your prescribed pain medicine, or you have pain with increased redness or swelling or drainage, notify the office.	

After surgery care:

- Call the doctor's office to schedule your after surgery visit for suture removal (5-10 days after surgery) or staple removal (10-14 days after surgery).
- Final pathology (if applicable) will be discussed at your after surgery appointment

If you are uncertain about any of the above items or have any questions, please call our office at **(702) 834-5886** from 8:00 a.m. to 5:00 p.m. Monday through Friday.

After hours, if you have an emergency, **call the office number first**. You will be connected to the on-call doctor. If you are unable to reach the on-call doctor, please **go to the nearest Emergency Room** (not an urgent care).

Revised (10/2020)