

## Quick review for the first week:

1

Once home, take the gauze pads out and rest with an ice pack.



2

Eat something and take medication only as needed and directed.



3

Use ice packs for two days to reduce swelling, then switch to heat packs on the third day.

4

Take it easy and relax around the house for a couple days.

5

Maintain a soft diet this week and do not use straws.



6

The day after surgery start brushing and do warm salt water rinses.

7

No heavy lifting or strenuous activity for one week. *Feel free to request an excuse note if necessary.*

8

Call us any time with questions or concerns:  
651.233.2140 or 715.690.3040