

Postoperative Instructions

- 1.- Keep the gauze in place by biting down for one hour.
- 2.- Apply ice packs every 10 minutes to the operated area(s) for 24 hours.
- 3.- Maintain a liquid diet for 3 to 4 days.
- 4.- Avoid consuming dairy products during the first week.
- 5.- Sleep with your head facing forward and elevated higher than usual, only on the first night.
- 6.- Refrain from extensive rinsing on the first day.
- 7.- Do not touch the wounds with your tongue or play with the stitches.
- 8.- Avoid talking on the first day.
- 9.- Prioritize thorough hygiene, especially in the treated areas.
- 10.- Avoid eating irritating foods and containing seeds, e.g., guava, strawberries, tomatoes, etc.
- 11.- Do not use straws or drink carbonated beverages.
- 12.- Refrain from physical exertion or sports activities during the first week.
- 13.- Take your medications at the specified times.
- 14.- Avoid prolonged sun exposure.
- 15.- Do not smoke.