

## TRANSORAL POST OP INSTRUCTIONS

### ORAL CARE AND RECOVERY

- DO NOT PULL ON YOUR LIP OR LOOK AT YOUR STITCHES – this can break the stitches.
- You may brush your teeth starting the morning after surgery.
- Wear your jaw supporter for at least 48 hours as tolerated. You may also apply ice externally to your jaw and neck for comfort.
- You should use mouthwash 3 times daily (and as needed) for 5-7 days after surgery.
- If you are prescribed antibiotics, take them as directed and complete the entire course.
- Moderate bruising, swelling and tenderness both at lip/chin and in your lower neck are normal.
- Avoid heavy lifting (>20 pounds) and sports until cleared by your surgeon.
- You may return to work when cleared by your surgeon.
- You may drive when you are no longer taking pain pills and feel safe turning your neck.

### DIET AND CONSTIPATION

- You will have a sore throat, lip and chin after surgery. Your appetite may be decreased. If you are not eating regular meals, try to eat small amounts or drink water or Gatorade every 2 - 3 hours. Drink enough water to stay hydrated. If you have a cough or mucus drainage you may take cough medications such as Mucinex/guaifenesin, or throat lozenges.
- Constipation is very common with the use of pain medications and calcium. To avoid constipation, drink plenty of water (8 – 10 glasses per day).
- If needed, you can take a stool softener or mild laxative (e.g., Milk of Magnesia or Miralax) once or twice per day with a glass of hot liquid (tea, coffee, etc.).

### PAIN MANAGEMENT AND MEDICATIONS

- Prescription pain medications should be taken as prescribed.
- Ibuprofen (Motrin/Advil) or naproxen (Aleve) may also be taken as directed.
- **DO NOT DRIVE** while using prescription pain medication.
- **DO NOT DRIVE OR MAKE IMPORTANT DECISIONS** for 24 hours after anesthesia or while taking prescription pain medications.

### CALCIUM MANAGEMENT - **\*\*take calcium supplements or additional medications exactly as prescribed\*\***

- You may be prescribed calcium supplements or additional medications for calcium balance (Calcitriol, PhosLo/Acetate, HCTZ, or others). Check your discharge medication list. Ask your nurse or doctor if you have any questions.
- If you take a thyroid hormone pill (Synthroid or similar): Take it 1 hour before or 4 hours after calcium or food for proper absorption.
- Contact your doctor to arrange additional labs or appointments (if needed).

### WHEN TO CALL THE SURGEON'S OFFICE: 303-812-6850

- Fever higher than 101 degrees or any concern for infection.
- Low calcium symptoms that do not improve after 2 extra doses of calcium.
- Trouble passing urine (unable to "go", pain, or burning).
- **Excessive neck swelling or trouble breathing – CALL 911.**

If you have any additional questions, please call our office at 303-812-6850.