

## Fairfield County Plastic Surgery

### Post-Operative Instructions After Mouth Surgery

#### WHAT CAN I EAT?

First 24 hr.: only clear liquids such as soft drinks, sodas and fruit juices (no orange juice).

Days 2 & 3: soups, Jello, ice cream.

Days 4 - 7: pureed diet, i.e., food liquidized in a blender.

Days 7 - 14: **soft diet**, e.g., stewed chicken stewed fruit.

Day 14 on: return to regular diet.

#### KEEPING YOUR MOUTH CLEAN

There are a lot of bacteria in the mouth so oral hygiene is critical to prevent infections. After all meals, swish inside of the mouth and gargle with half strength Cepacol / Listerine and water or Normal Saline. You may use a soft toothbrush and toothpaste. Floss if you can. Rinse with Normal Saline. Repeat this procedure before going to sleep at night. After 7 days you can use a Water Pik.

#### MEDICATIONS

Take antibiotics as instructed without interruption.

If you have questions call the office