



## **POST-OP INSTRUCTIONS – Mouth Care**

During procedures such as cheek implants or buccal fat removal, incisions are often placed in the mouth. Cuts in the mouth are prone to infection, so it is important to keep them clean and free of food and to take antibiotics. They are sensitive to certain foods, which should be avoided. Stitches in the mouth will usually dissolve and fall out in 1-3 weeks. Until the soreness is gone (and at least 72 hours have passed), the following points should be observed:

Please eat and drink bland liquids only. Avoid acidic food (carbonated drinks or citrus juices), spices, salty, icy or hot foods.

After each ingestion use 3% peroxide mixed with equal parts of water as a mouthwash and gargle (plain water for small children). We may also prescribe you an oral rinse to take after each meal.

Suggested foods include milk, grape juice, Jell-O, tea, pineapple juice, apple juice, bouillon, and sherbet.

*The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.*

*Patient Signature:*

*Date:*