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Excision of oral lesion post-op instructions

Post-op instructions

1. **FLUIDS ARE ESSENTIAL!** Drink plenty of fluids to avoid dehydration. Avoid acidic juices such as orange, tomato, or grapefruit.
2. Stay on a clear, liquid diet for 24 hours, followed by a soft diet for 7 days, then advance diet as tolerated.
3. Rinse mouth gently after meals with hydrogen peroxide/water mix (half and half).
4. A small amount of bloody drainage is expected. If it does occur, try swishing and spitting water for 5-10 minutes. If the bleeding does not stop - call our office during regular business hours (Monday - Thursday 8-5 and Friday 8-12). If after hours, go to the emergency room.
5. There should be minimal pain experienced after surgery. If necessary due to discomfort, take Tylenol or Motrin.
6. You may return to full activity the following day after surgery, if you do not have a fever and are not experiencing any pain.
7. Resume your normal medications, as directed by your physician and/or Dr. Walker.

What is abnormal?

Call our office or your primary care physician immediately if any of the following occur:

1. Bleeding from the nose or mouth.
2. Signs of dehydration – urinating less than twice daily, low energy, fever, dry mucous membranes.
3. Fever greater than 101 degrees.
4. Prolonged nausea or vomiting.
5. Increased pain, not relieved with pain medication.
6. Difficulty breathing.
7. Seizures or convulsions.
8. Metallic taste in mouth.
9. Ringing in ears.
10. Visual disturbances.

If there are continued problems after three weeks, contact our office to make a follow-up appointment.