



Cavitation Surgery Recovery instructions and information

Most of our patients experience an uneventful recovery and return to pre operative comfort if some simple guidelines are followed.

1. Minimize physical activity for 5 days, no strenuous work outs or walks, and then moderation after 5 days depending upon your recovery at this point.
2. Sleeping with your head elevated is desirable
3. No smoking is desired, minimal to no use of alcohol
4. Keep surgery sites 'iced' for 48 hrs. 20 minutes each sight as able when awake
5. Utilize the Stella Life products for pain relief and healing as instructed
 1. These are non-narcotic, homeopathic remedies with great results
6. NSAID'S(Advil) type of pain relief is acceptable, if desired you may have been supplied with a narcotic pain relief. Take this as directed every 4-6 hrs. for the first 48 hours and you should be comfortable after that with Advil and the Stella life products after that.
7. Avoid sauna's and hot tubs for 7 days
8. Limit milk and dairy products as some people experience delayed healing

What to expect as normal healing process.

1. Do not apply heat to the face or jaw area but it is normal to notice some warmth
2. Bleeding should be minimal, but some seepage and a taste of blood is normal for 24-48 hours
3. If you have had sedation/anesthesia, expect some dizziness or lightheadedness. Best to keep your movement and activity to a minimum for the rest of the day.
4. It is best, not to eat until you've gotten settled at home, to avoid nausea from anesthesia and eating too quickly

You were likely given an antibiotic and steroids in the IV. Oral antibiotics are not desired if you're already struggling with GI issues, but call our office if swelling and pain does not decrease after 48 hrs or a bad taste persists and/or drainage from the surgery sight occurs.

Sutures have been placed and will need to be removed at a po visit in 10-14 days. This appointment will need to be scheduled if not done at the day of your surgery.

Situations to notify Dr. Reese' office: 317 882-0227, After hour calls or texts are generally received within the hour.

1. If pain in the area of the wound is increasing, swelling continues of the jaw or is getting harder (a soft swelling is generally no problem) –
2. If there is a smelly and bad tasting discharge from the wound.
3. Unlikely occurrences but would need immediate attention:
 - a. increased swelling at the floor of the mouth needs immediate attention, especially if there is difficulty with swelling.
 - b. increasing pressure in the region of the sinus up to the eye - smelly discharge from the nose.