

## INCISION AND DRAINAGE POSTOPERATIVE INSTRUCTIONS

**PROTOCOL:** For 30 minutes, rinse with a new cup of warm salt water. Every 5 minutes start with another 8 oz. cup of warm water with ½ teaspoon of salt. Swish with the warm salt water and then expectorate (spit it out). Swish and expectorate until the cup is gone.

**Purpose:** The incision and drainage was performed (with your permission) in order to help your body manage the infection by draining some of the toxins, bacteria and dead cells (also known as pus) from the infected tissue sight.

**Swelling:** If you have swelling, antibiotics may be prescribed and should be taken as directed. Starting and stopping antibiotics can make the infection worse. Do not anticipate the swelling to resolve immediately. It may take 36 to 48 hours to see reduction in the swelling and almost a week sometimes to see resolution of the swelling.

**Pain:** Usually the infected incised and curreted area will be a little tender. It usually will be about the same as the pain after biting your cheek or tongue. The tenderness from your incision should last no more than 5 days. Most patients report that the pain duration is less than or approximately a day.

**Bleeding:** When an area is infected it usually has inflammation. One of the components of inflammation is increase in the blood vessels in the infected area. The increased blood supply helps carry more infection combating cells to the infected area. While the area is open it is important to try to drain as many of the toxins and bacteria out of the area as possible. To minimize bleeding, limit physical activity, keep head elevated and limit diet to luke warm or colder foods.

**Managing Bleeding:** Moisten a Lipton tea bag with cold water and gently placed the tea bag between the teeth on the affected side. Do not bite on the tea bag and tear it open. Keep your head elevated. For 30 minutes retain a little pressure on an ice bag on the affected area of your face. Keep physical activity to a minimum and repeat the steps above if bleeding does not stop. **If the bleeding has not stopped after 30 minutes with the tea bag, ice bag with pressure and elevated head, then call Dr. Tatsuta immediately.**

**Dr. Tatsuta's cell phone number:** (818) 269-9306