

# Cyst Enucleation

## Post-Operative Instructions

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### **What can I expect after surgery?**

This is usually an outpatient procedure. Majority of cases go home same day.

### **How do I take care of my incision?**

- Patients will have sutures. If the sutures are on the inside of the mouth then they will dissolve on their own.
- Sutures on the face or neck may need to be removed by your surgeon if they are not dissolvable.
- Typically, sutures on the face will need to be removed in 5-7 days and sutures on the neck in 10-14 days.
- Bacitracin should be placed on skin sutures for the 1st week after surgery. After removal, a moisturizing lotion may be used.
- You may take a bath or shower 24 hours after surgery, but avoid submerging the wounds in water for the first 2 weeks.
- Gently pat the wounds to dry. Avoid rubbing the wounds.

### **Are there diet restrictions after surgery?**

- Patient will be on a pureed soft diet for two weeks, unless told otherwise.

### **Are there activity restrictions after surgery?**

- Your jaw bone may be weakened after surgery.
- Do not participate in physical activities during this time or until you have received clearance by your surgeon.
- Failing to comply may increase your risk for jaw fracture.
- Patients can plan on being off work for about 1-2 weeks. Recover time varies for each patient.

## How do I manage pain after surgery?

- Your pain will be managed throughout the post-operative period with prescribed pain medication. You should expect that there may be some discomfort in the process.

## What follow-up care will I receive?

- Biopsy results will be discussed at your first post-operative appointment.
- The first post-operative appointment should be around 14 days after surgery and should be made at the time of discharge.

## When should I call my doctor?

- If you have increased swelling or bruising.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting, increased irritability, or constipation.
- If you have an oral temperature over 100.5 degrees. Check to make sure they are getting enough liquids. Dehydration can cause the body temperature to rise.

## Who should I call if I have questions?

- (734) 936-5950, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Oral & Maxillofacial Surgeon on call.

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Author: Erin Larowe  
Reviewers: Brent Ward, DDS, MD

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