



POST-OPERATIVE INSTRUCTIONS FOLLOWING ORAL SURGERY

USE: Ice for the 1st 48 hours- **Heat** on the 3rd day and thereafter

BITE firmly on the gauze and change every 20-30 minutes until bleeding stops for about 3 – 4 hours. Remember a little bleeding is ok, but if you find bleeding has not stopped or is heavy, then wet a black (Lipton) tea bag, cover it with gauze and bite firmly for another hour. The bleeding should stop. If it doesn't, please call the office and we will be more than happy to assist you. If you call the office after normal business hours, you will reach the voicemail. Please call the emergency # found on the voicemail if you need assistance after hours.

Do **NOT** rinse, spit or drink through a straw for 24 hours.

Do **NOT** smoke for 48 hours. This is one of the biggest causes of Dry Socket which is extremely painful.

For **PAIN** please follow the "Pain Management Protocol" found on a separate document in your post-op care bag.

Remember: The law of gravity - everything goes down. You may experience food getting trapped in the sockets. On the 2nd day after extractions, you may start rinsing your mouth with warm saltwater (8oz glass of warm water with 1 tablespoon of salt). Rinse after eating a few times a day. If you should have any questions or problems, please contact our office at any time.

AVOID exercise or any activity that could possibly elevate blood pressure such as heavy lifting or bending over for 48 hours.

You **MAY** brush and floss your teeth normally after 24 hours while staying clear of the extraction site.

AVOID hard, sharp, or crunchy foods such as chips, apples, and raw vegetables, as well as any food with seeds (i.e. blueberries, popcorn, and nuts). No carbonated beverages. Eat Soft foods such as:

Eggs
Milk shakes (without a straw)
Ice cream (free of nuts or small candy)
Pasta
Rice
Steamed vegetables
Mashed potatoes
Yogurt
Soup (warm; not hot)
Ensure or Boost Nutritional Drink

***** ANY QUESTIONS PLEASE CALL 561-328-9050 *****