

POST-SURGERY INSTRUCTIONS

1. **Bleeding:** Bite on the gauze sponges for 30 minutes. Replace them with moistened gauze sponges for another 30 minutes if fresh, red blood is present. If bleeding continues after this time, bite on a Lipton "tea" bag for another 30 minutes. If you are still bleeding after this, please contact our office.
2. **Do not drink or eat hot foods today, as you may dissolve or loosen the healing blood clot.** Eat cool, soft nutritious foods today.
3. **Do not "suck" on the wound site for the next few days.** You may disturb the blood clot, causing bleeding, slow healing, and/or bone pain often called a "dry socket."
4. **Do not eat hard foods for a few days in the part of your mouth that received the surgery.** You could disturb the healing.
5. **Do not overexert yourself during the next 24 hours.**
6. ***NO SMOKING*!!!**
7. **No sucking through a straw.**
8. **No spitting.**
9. **Starting in 24 hours, Rinse with 8 oz warm salt water 2 or 3 times a day for 10 days.** (8oz water & teaspoon salt)

THE POINTS CHECKED OFF BELOW APPLY TO YOU:

1. Sutures (stitches):

- a. Were not placed.
- b. Were placed. You need an appointment in about 7 days to have the stitches removed.
- c. Were placed. You do not need an appointment to remove them. They will dissolve by themselves over a few weeks time.

2. Pain:

- a. You have NOT been given a prescription for pain. You should not experience much discomfort. Take Advil* for mild discomfort that may come in about 2 hours from now. If the pain is more than these drugs can control, please call us for a telephone prescription to your nearest pharmacy.
- b. You have been given a prescription for pain. You may elect to try managing the discomfort with Advil* before filling the prescription. If these drugs will not control the pain, please get the prescription filled.

3. Antibiotic:

- a. You have NOT been given an antibiotic. It does not appear you will need antibiotic therapy.
- b. You have been given a prescription for an antibiotic. Please take the medication until all the tablets are gone.

4. Cold Application:

- a. NOT necessary for your surgery.
- b. Use cold packs (ice in plastic bags) on the outside of our face near the surgery site for 2 hours when you arrive home.

You should be healed from this surgery very soon. Please call us if any questions arise. Thank you!

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