

## POST-OP INSTRUCTIONS

Bite on the gauze for about 30 minutes after your surgery. Do not bite too firmly, just enough to keep the gauze in place. After the blood clot forms it is important to protect it especially for the next 48 hours to avoid dry socket. Drainage for a few days is normal. To minimize swelling and bleeding, keep head elevated (use extra pillows when sleeping). You can brush your teeth the day of surgery. Avoid brushing the surgery site. Any stitches will come out on their own in a week

Rinse your mouth with warm salt water after meals and before bed. Begin a very gentle warm salt water rinses (1tsp. salt for every 8oz. of water). **The first day or so, do not swish the water around in your mouth; Instead, move your head side to side to rinse. Do not spit; Let the water flow out of your mouth.** If you are watching salt intake in your diet, you may substitute the salt water rinse with peroxide and warm water rinse. Use a 50/50 peroxide and water solution

**NO** smoking for 2 days

**NO** drinking through a straw for 2 days

**NO** mouthwash for a week

**NO** excessive spitting

**NO** vigorous rinsing for at least 48 hours after your surgery

**AVOID** alcoholic beverages

**AVOID** greasy foods

**AVOID** high acidic foods and drinks such as tomatoes, orange juice, etc....

**DO NOT** over exert yourself. It is ok to ride in a car or on a plane

For Pain:

Advil (Ibuprofen) **or** Aleve (Naproxin Sodium) **or** Extra-Strength Tylenol (Acetaminophen). Take with food. **NO** aspirin or aspirin products

For Swelling:

Place an ice bag on side of face where your surgery was, for 30 minutes on, then 30 minutes off. Repeat for 6 hours. After 48 hours, use warm compresses as needed for swelling

Eat soft foods:

No chips, pretzels, peanuts, etc.... Stay away from crunchy, chewy or small hard foods, to avoid food particles becoming lodged in the socket. Suggested foods are clear broth, pasta, potatoes, yogurt, baby food, smoothies, pudding, cream of wheat, 7up, Ginger Ale, apple juice