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POST SURGICAL INSTRUCTIONS

First 24 Hour Period

1. **NO smoking until completely healed.**
2. **NO alcohol**
3. **NO mouthwashes.**
4. **NO salt-water rinses.**
5. **NO drinking through a straw, or sucking.**
6. **Eat soft foods and chew on other side. Avoid spicy foods.**
7. **Get plenty of rest--activity could cause hemorrhaging.**
8. **Take the prescribed antibiotic**
9. **Ice reduces swelling. 20 minutes on and 20 minutes off for first 6 hrs.**
10. **Keep your head above your feet. No exercise or heavy work.**

To control bleeding, dip a tea bag in cold water, and bite down on the bag for one hour. Swelling, bruising, and some discomfort is normal. If you are experiencing swelling, bleeding, bruising, or are turning black and blue over a large area call the office for a consultation and instructions.

POST SURGICAL INSTRUCTIONS

After First 24 Hour Period

11. **Begin gentle salt-water rinses.**

Use ¼ tsp salt in 8 oz. of warm water and rinse 3 times daily.

Continue to rest. Most patients are ready to resume normal activity quickly after dental procedures, but you must judge your recovery and make appropriate decisions for you and your condition. Even if you are feeling normal, reduce activity.

IF BLEEDING PERSISTS OR YOU HAVE ANY ALLERGIC REACTION TO
MEDICATION, CALL THE OFFICE AT THE NUMBER ABOVE TO REACH
ME DIRECTLY. CALL YOUR PHYSICIAN, OR GO TO THE EMERGENCY
ROOM AT THE NEAREST HOSPITAL TO GET EMERGENCY TREATMENT.
