



Patient Instructions After Surgery

- ✓ **DO** apply steady pressure to the site to stop the bleeding. Place a folded piece of gauze directly over the extraction site. Change the gauze as directed.
- ✓ **DO** apply an ice pack on the cheek in 20 minute intervals for the first 36 hours. Make sure the ice pack is not in direct contact with the skin.
- ✓ **DO** take medication as prescribed. Immediately following the procedure, begin taking the medication as directed by the doctor to minimize discomfort when the anesthesia wears off.
- ✓ **DO** eat soft or pureed meals for the first 2 days, such as mashed potatoes, eggs, soups, jello, baby food, applesauce and any foods that are mushy, blended, or liquefied.
- ✓ **DO** drink plenty of liquids, always from a cup, for the first two days.
- ✗ **DON'T** suck through a straw for the first 48 hours following surgery.
- ✗ **DON'T** spit or rinse forcefully for the first 48 hours following surgery.
- ✗ **DON'T** brush your teeth for the first 24 hours following surgery.
- ✗ **DON'T** smoke.
- ✗ **DON'T** eat seeds, nuts, rice, popcorn and chips.
- ✗ **DON'T** drink alcoholic beverages while taking any medication prescribed by the doctor.

Instructions for the Following Day

- ✓ **DO** expect swelling to worsen over the first 48-72 hours before it plateaus and eventually subsides.
- ✓ **DO** expect to feel discomfort for the first 3 days, and then it should start to decrease. It is also normal to expect bleeding for up to 24 hours following surgery.
- ✓ **DO** rinse with warm salt water. This will help the healing process and keep the area clean. Repeat this process several times throughout the day and after eating.
- ✓ **DO** brush your teeth carefully. Try to avoid the extraction site until the swelling decreases. Good oral hygiene is important to normal wound healing.
- ✓ **DO** Call our office if there is excessive bleeding, inflammation, adverse or allergic reaction to any of the medication prescribed, or discomfort which is not helped with pain medication.