



POST OPERATIVE CARE PATIENT INSTRUCTIONS

1. Leave gauze in place at least one hour. Change gauze every 1/2 hour thereafter until bleeding has stopped.
2. Do not rinse your mouth until tomorrow. Rinsing may dislodge the blood clot and interrupt the normal healing process. Try to avoid smoking, hot and spicy foods as well.
3. Maintain a soft diet. Do not chew on the side of the extraction. Drink plenty of fluids but do not drink through a straw.
4. If abnormal bleeding occurs, moisten a plain teabag and place it over the area of surgery and bite on it for twenty minutes.
5. Good oral hygiene with regular brushing should be maintained, except the area of surgery.
6. Take advil or Aleve if necessary for discomfort and inflammation.
7. If there are any problems call our office