



(843)553-7827

Post Op Instructions

- 1. NO SMOKING** for at least a week
- 2. NO SPITTING**
- 3. NO DRINKING** with a **STRAW** for at least a week
- 4. Do NOT rinse mouth today.** Tomorrow rinse mouth gently every 3 to 4 hours (especially after meals) using a teaspoon of salt to a glass of warm water. Continue rinses for several days.
- 5. BLEEDING:** Following extractions some bleeding is to be expected. If persistent bleeding occurs, Place a teabag over bleeding area and bite down firmly for ½ hour. Do not change gauze often.
- 6. SWELLING:** Ice bag or chopped ice wrapped in a towel should be applied to cheek area, ½ hour on and ½ hour off for 4- hours.
- 7. Pain:** For mild to average pain use pain medication as directed or Advil (if no allergies)
- 8. Food:** Light diet is advisable during the first 24 hours. Cool foods are advisable also.
- 9. Boney Edges:** Small sharp bone fragment may work up through the gums during healing. If troublesome please call the office.
- 10.** If any unusual symptoms occur call our office at once. The proper care following oral surgery will hasten recovery and prevent complications.