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Post-Surgical Instructions

- ❖ **Use your icepack off and on for the rest of the day, 15 minutes on then 15 minutes off. This will help keep the swelling down.**
- ❖ **Keep biting on clean gauze until the bleeding has stopped. Drink plenty of fluids and eat softer foods for the next week. Be careful not to bite your lips, cheeks, or tongue while you are numb.**
- ❖ **No rinsing, drinking through a straw, smoking or any kind of suction in the mouth for 24 hours. These are all known causes of "Dry Sockets," which are very painful.**
- ❖ **Tomorrow, start rinsing with warm salt-water ($\frac{1}{4}$ tsp. salt to 8oz of water), 4 to 5 times a day. Do this for the next week. *This is a very important part of the healing process.***
- ❖ **Finish all antibiotics!!! Take the pain medication as needed with food to prevent nausea.**
- ❖ **Sleep slightly elevated the first night after surgery. Do not use any hot compresses unless otherwise directed by the doctor.**
- ❖ **Return in 1 week to your scheduled appointment for your suture removal and post-op exam.**
- ❖ **Call the office with any questions or concerns.**