



# After Oral Surgery:

**Do Not Rinse** or use mouthwash for 24 hours.

**As Soon As Possible:** Apply ice bags near the area of surgery, five minutes on and five minutes off for 1 to 4 hours. This will help reduce swelling and pain. Do not apply ice packs after the first day.

**24 Hours After Surgery:** Gently rinse with 1/2 teaspoon of table salt to a glass of warm water. Rinse for 5 minutes, 3-5 times a day for the next 5 days.

**Bleeding:** Maintain pressure on a gauze pack for as long as bleeding occurs. If bleeding persists, place a moist tea bag over the area with a gauze pack, then continue the steady pressure.

**Pain:** Use the pain prescription as directed. For severe pain, the dose may be doubled. Remember-- after a pain tablet is taken, it may take an hour or more to become effective.

**Swelling:** Typically, swelling goes up for three days, then comes down in three days. Discoloration is normal. If the swelling continues, or if the swollen area becomes hard and sore, call our office.

**Dry Socket:** Healing rate and comfort are influenced by your body's resistance and ability to form a healthy blood clot. Occasionally, the clot decomposes and exposes the bony walls of the socket. This results in severe pain accompanied by a bad taste. Call the office and return should this occur.

**Diet:** Liquid nourishment may be taken anytime. Soft foods such as scrambled eggs, pasta, mashed potatoes, cooked vegetables, and milk shakes are recommended.

**Please:** No smoking, no straws, and no alcoholic beverages.