



Post Op Instructions

Take the following precautions 24 hours following procedure.

1. Keep a cotton gauze pressed over the area for 20-45 minutes. If bleeding continues, can apply a cold wet tea bag to the area to control bleeding.
2. Do not smoke
3. Avoid Rinsing your mouth out with anything
4. Do not spit or use a straw
5. Do not lift heavy items and bend down or work in the sun.
6. If you need to take something for pain, try to avoid aspirin, as it can cause more bleeding.
7. Eat a bland soft diet, cold or room temperature foods are best. Avoid hot foods. Make sure you drink fluids to keep yourself hydrated.
8. Place an ice pack on the outside of the area for 20 minutes on, 10 minutes off to help with swelling.

- The following day you can begin rinsing your mouth with any specific mouthwash your doctor has prescribed or warm salty water rinses. (tsp in a glass of water.) NO MOUTHWASH.
- If you use a rinse, do not spit, let the fluid fall out of your mouth.
- Start introducing a normal diet slowly, depending on how you feel.
- It is important to keep the area clean, avoid small or sharp foods that can get inside the healing socket.
- The day after the surgery, you can begin brushing the area again gently.
- Try to avoid carbonated beverages, hot or spicy foods or crunchy foods.

The site can take many days/weeks to completely close.

Discomfort usually lasts about a week, generally the 3rd or 4th day is the most uncomfortable.

Complications can always occur with surgery. If numbness or pain persists for more than 3-4 days, please call us for an appointment.

Sinus Precautions: If your doctor was removing an upper back tooth, Please do not blow your nose for the next 4 days, take a decongestant if needed. If you need to sneeze or cough please do so with your mouth open to help equalize pressure between your nose and mouth. If you feel liquid up your nose while drinking, please call our office.

Please follow all instructions and take all medications (if prescribed) as indicated.

If you have any additional questions after removal please call our office.

*If you have a dental **emergency** after hours and are a patient of record, calling the office will connect you to the doctor, please listen to the prompts.*

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