

ORAL POST-SURGICAL INSTRUCTIONS

TODAY:

DO NOT engage in any vigorous exercise or activity
DO NOT eat or drink anything hot.
DO NOT drink any alcoholic or carbonated beverages.
DO NOT smoke, do not use a straw, and do not spit.
DO NOT rinse your mouth with water or any mouthwash.
DO drink plenty of fluids, but not through a straw.
DO eat soft foods.

REST! When you get home, read through the post-surgical instructions again and follow them.

Leave the gauze in place for one hour then remove. A little oozing of blood from the extraction site(s) can be expected for the next 24 hours. If there is a continuous flow of blood from the surgical site(s) that forms puddles clots in the mouth, a new gauze from the package should be folded in four and placed over the bleeding area and firm biting pressure should be applied.
Keep the gauze in place for at least one hour.

Apply an ice pack on outside of face twenty minutes on and twenty minutes off for 8-10 hours.

Tomorrow:

Begin warm salt water rinses every six hours ($\frac{1}{2}$ tsp. of salt in a 8oz. glass of warm water).

Swelling and stiffness are normal and should not cause alarm. If there is still swelling after 24 hours apply warm, moist heat.

If you are having pain or swelling after 3 or 4 days, contact your dentist.