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## Post-operative instructions after Oral Surgery

**DO NOT RINSE MOUTH TODAY.** Tomorrow rinse mouth gently every 3 to 4 hours (especially after meals) using one-quarter teaspoon of salt to a glass of warm water.

**FIRST 24 HOURS AFTER EXTRACTION.** No carbonated beverages, no alcohol, no smoking or use of tobacco products. No spitting or drinking through a straw.

**BLEEDING:** Following extractions some bleeding is to be expected. If persistent bleeding occurs, place gauze pad over bleeding area and bite down firmly for one-half hour. Repeat if necessary.

**SWELLING:** Ice bag or chopped ice wrapped in a towel should be applied to operated area – fifteen (15) minutes on and fifteen (15) minutes off for 4 to 5 hours. Sleep elevated to reduce swelling.

**PAIN:** For mild to average pain use non aspirin-type of medication you like.

**FOOD:** Light diet is advised during the first 24 hours.

**BONY EDGES:** Small sharp bone fragments may work up through the gums during healing. These are not roots; if they become troublesome please return to our office for their simple removal.

**UNUSUAL SYMPTOMS:** If you experience any, call the office at once.

The proper care following oral surgical procedures will hasten recovery and prevent complications.

Aloe Vera gel on surgery site (not in hole) every 20-30 minutes, until all gone.

Inflaymar on cheek every 20-30 minutes, until all gone.