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EXTRACTIONS and/or ORAL SURGERY WITHOUT INTRAVENOUS SEDATION

## **POST-OP INSTRUCTIONS**

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By following these instructions, you will continue to have an optimal recovery:

1. Do not smoke or drink alcoholic beverages for 48 hours following your appointment. This is important for quick healing.
2. After surgery, please do not rinse or spit for 24 hours, as the blood clot necessary for healing may dislodge. After 24 hours, gently rinse 3-4 times daily with warm salt water.
3. After leaving the office, rest and **avoid** all strenuous activities (work or play) for several days – keeping blood pressure lower will reduce bleeding and aid healing.
4. Oral surgery may cause numbness of the facial nerves. Please let us know if this happens.
5. If bleeding persists, fold gauze provided into ½, then ½ again, place over the site and bite firmly - (a wet tea bag will work also).
6. When sleeping, you may wish to place a towel over your pillow, as slight bleeding may occur.
7. If swelling occurs, gently place an icepack onto the face 20 minutes on, then 20 minutes off.  
\*Swelling is a natural body response to any surgery 24-48 hours after treatment. If swelling persists after this time, please give our office a call.
8. Eat a soft, but nutritious diet for a few days and avoid drinking ice cold or hot liquids.  
\*Do not drink with a straw.
9. Follow any additional instructions and be sure to take any prescribed medications until completed.
10. If applicable, our office will be calling to book an appointment for suture removal, or to check on the site to ensure proper healing.

PLEASE CALL OUR OFFICE AT 383-3368 IF YOU HAVE ANY FURTHER QUESTIONS OR CONCERNS.

**Note to Women:** If you have been prescribed antibiotics and are on birth control pills, please note that antibiotics may affect the efficacy of birth control pills. Use an additional form of birth control for the remainder of your cycle

**\*\*NOTE\*\*** It is important to follow all post treatment instructions closely. Failure to follow the instructions may result in poor healing; more discomfort and the success of the procedure may be affected. All costs associated with corrective treatment due to complications or poor healing will fall to you.