



INSTRUCTIONS AFTER SURGERY

- Have a cold and soft diet for next 48 hours e.g. Milkshake, Ice-cream, Jello, Pudding, Mashed Potatoes, Avocado, Eggs
- Do not have any soup with pieces of vegetables in it and do not use any straws
- Rinse your mouth with lukewarm water and salt after 48 hours, 3-4 times a day
- Do not rinse your mouth heavily after brushing for next 48 hours, it can remove primary blood clot which is healing up the area and you can develop condition called dry socket, which is an extremely painful condition
- Do not spit at all for next 48 hours. Please keep swallowing saliva and blood
- Do not do any heavy exercise or swimming for 1 week and please do not smoke or drink !
- Put ice-pack 15 minutes on and off 2 times as soon as you get home
- If you are bleeding even after few hours, please bite on any regular tea bag without opening or soaking it. It will help stop the bleeding
- Please keep changing the dressing (given to you from the office), every 15-20 minutes as it gets wet with blood. Make sure to wash your hands before you touch your mouth
- Please do not sleep on the side of the surgery

If you have any questions or concerns, please contact us at (925) 447-0440