

## ORAL SURGERY CARE INSTRUCTIONS

1. **Swelling** is normal following a surgical procedure for up to 24 hours and can persist for 4 - 5 days. Use an ice pack the 1<sup>st</sup> 24 hours. (Twenty min. on twenty min. off), to the outside of the face. After 24hrs. Use moist heat, to the outside of the face if swelling is still present.
2. **Bleeding** or oozing may occur for the first twelve hours after surgery. If bleeding, bite down on a folded piece of gauze. If it continues, bite down on a wet tea bag for about 20 minutes.
3. A **soft diet** should be followed for 24 hours. (Soups, fruit juice, milk shakes, etc.) No spicy or really hot foods.
4. **Avoid** strenuous physical activity for 48 hours.
5. **Do not** suck through a straw, avoid forceful spitting, no smoking or chewing gum for 3 days.
6. **Do not** rinse vigorously for 24 hours after surgery. After this time, rinse gently with a warm salt-water solution, 2 – 3 times a day for 1 week. (1 teaspoon of salt to 10 oz. of warm water)
7. If you have **immediate dentures**, do not remove them, the Dr. will at your next appointment, usually within twenty-four hours of surgery.
8. If you were prescribed medication. Please take as directed by the doctor.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE.**

**LORI SMITH HEWITT, D.D.S.**

**(310) 679-3171**