

# GENERAL POST-OPERATIVE INSTRUCTIONS

- Bite on gauze for 2 hours, change if necessary.
- Diet of liquids and soft foods.
- No straws.
- Ice to area for 20 minutes on, 20 minutes off for 6 to 8 hours after surgery.
- No smoking for 7 days after surgery.
- 24 hours after surgery start rinsing mouth with warm salt water every 2 hours for several days (1/2 tsp. salt/glass water).
- Take post-operative medication as directed.
- Some post-operative bleeding, swelling and pain is expected.
- For excessive post-operative bleeding problems, bite on a tea bag – the ingredients will slow the bleeding.
- 24 hours after surgery you may want to apply heating pad.

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