

## **POST-OP SURGERY INSTRUCTION**

Bite down firmly on the gauze placed in your mouth where your teeth extracted. Keep this in place at least for 30 minutes to help stop the bleeding and keep saliva away from the extraction site. Change every 30 minutes or as needed until bleeding has stopped.

If bleeding persists for more than 6 hours call this office at 578-9696

Keep your head elevated. Slightly oozing may continue for one or two days.

Do not exert yourself physically for at least 24-36 hours after surgery.

Do not rinse your mouth for 24 hours. After 24 hours begin rinsing with warm salt water.

**DO NOT SMOKE, SPIT or use SODA STRAWS for two to three days.**

Place an old towel or sheet on your pillow. Bleeding may appear to be more than it actually is due to dilution in the saliva.

It is important to keep your mouth clean following surgery. Use a soft toothbrush and rinse gently with salt water. This may cause some bleeding which is expected.

To minimize swelling, place an ice pack on the outside of the face in 20 minute intervals. Moist heat may be used after 24 hours for comfort.

Eat soft foods when the numbness wears off. Resume a normal diet after 24 hours.

**For any questions or concerns call (317)578-9696, if after hours please contact Dr. Chen at (317) 383-6703**