



POST-OP INSTRUCTIONS

Please read the following guidelines to ensure a safe and pleasant experience after your procedure.

- ❖ In order to avoid a dry socket (removal of the blood clot):
 - a. **DO NOT DRINK THROUGH A STRAW OR SPIT** for 1 week after surgery.
 - b. **DO NOT SMOKE OR VAPE** for 72 hours, but it is best to wait 1 week.
- ❖ To reduce swelling, **DO NOT LAY FLAT**, stay elevated when sleeping.
- ❖ Every 30 minutes, change out gauze and replace until bleeding slows down (usually 2 – 3 hours).
- ❖ **REMEMBER TO REMOVE GAUZE BEFORE EATING, DRINKING OR GOING TO SLEEP SO YOU DO NOT CHOKES OR SWALLOW GAUZE.**
- ❖ For 24 hours after surgery, eat soft foods and nothing too hot to avoid burning or biting yourself.
- ❖ Continue a soft diet for 2 to 3 days following surgery. Let pain be your guide, if it hurts, **DO NOT** eat it.
- ❖ The day after surgery, gently start warm salt water/Listerine rinses 2 to 3 times a day and resume brushing your teeth.
- ❖ If you are given ice packets, apply continuous ice for the following two days after surgery (make sure ice is not applied directly to skin).
- ❖ Generally, the 2nd to 4th days after surgery are the worst for pain and swelling. It is normal for your mouth to have limited opening for 1 ½ weeks.
- ❖ No Physical Exertion for 1 week after surgery.
- ❖ Be sure the gauze is safely disposed of, so no one comes in contact with any blood or bodily fluid contamination.

EXTRA INFO:

- ❖ Please note that if you have sutures, they will fall out on their own unless the Doctor gives you other specific instructions.
- ❖ If you have any questions or problems, please contact us at the office (407) 330-3250 or you can contact Dr. DeWild directly by texting him only at (407) 340-4159.

Soft foods include: Soup, mashed potatoes, noodles, yogurt, pudding, ice cream, scrambled eggs, pancakes, ground beef, smoothies, etc.