

## POST-OPERATIVE INSTRUCTIONS

1. Bite on gauze for one hour. If bleeding continues, replace gauze for an additional 30 minutes. Fold gauze in half and then in half again to form a small square; wet with cold water. Do not put in dry. Repeat if necessary. Some oozing of blood is common for 24 hours.
2. Do not smoke for 24 hours. People who smoke have a greater chance of a dry socket.
3. Do not drink alcoholic beverages for 24 hours or longer if pain medications continue to be used after 24 hours.
4. Do not rinse the inside of your mouth for the first 24 hours. Begin tomorrow to rinse with warm salt water after eating. Use one teaspoon of table salt in a glass of water three times a day for two weeks or until the area is completely healed.
5. Do not eat very hot(warm is okay) or hard foods.
6. Do not drink through a straw for 24 hours.
7. Do not expectorate(spit) for 24 hours.
8. Some swelling can be expected, usually increasing for 3 days and then decreasing over the following 3 days. To minimize swelling, apply an ice bag over the affected area(s). Do this on and off every 10 minutes or alternate sides of the face every 10 minutes for the first day only. Then use moist heat for the following day(s).
9. If pain is not improving after the fifth day and you are experiencing a dull, constant throbbing pain, you may have a dry socket. You may need to return to the office for a packing placement. Continue taking prescribed medication until an office appointment can be made.
10. PATIENTS WHO USE BIRTH CONTROL: Certain antibiotics (i.e. Penicillin) can inactivate the effects of oral contraceptives. Take proper caution.
11. If uncontrolled bleeding(after 24 hours) or any unusual disturbance occurs, call the office at (636)928-0209.

\*Some instructions may differ depending upon the treatment you have received.