

## **Post Operative Instructions**

1. Keep biting on the gauze for one hour.
2. Avoid alcohol.
3. Avoid smoking.
4. Avoid sucking through a straw.
5. Avoid rinsing or spitting.
6. Avoid carbonated drinking.
7. Eat a soft diet.
8. If you have any swelling, you can use a cold compress. (20 minutes on, 20 minutes off)

### **After the first 24 hours**

1. You can use a warm salt water rinse and/or prescription mouth wash starting the day after the surgery. ( $\frac{1}{2}$  teaspoon salt to 8 oz. of warm)
2. Take 2 Tylenol and 1 Advil every 4 to 6 hours as needed for pain during the first 24 hours.
3. Take only medications prescribed by your doctor.

If you have any questions or problems, please call us at 301-663-7733 (Frederick) or 410-740-1400 (Ellicott City)