

## **POST-OPERATIVE CARE**

### **Instructions for Home Care**

It is important to take care of your surgery site  
So please follow these instructions:

1. **Bite on Gauze** for 30 minutes (one half hour) to stop any bleeding. If bleeding continues, place another gauze and continue to apply pressure.
2. **For at least 24 hours** do not:
  - smoke
  - drink through a straw
  - drink alcohol, carbonated beverages (“pop”), or hot liquids
  - blow your nose
  - spit excessively

Any of these things may cause the blood clot over the surgery to dislodge from the “socket” causing a “dry socket” and resulting in unnecessary pain. (Should this happen, call this office to see the doctor as soon as possible).

3. **Do maintain soft diet** for the remainder of the day-things like warm soup, ice cream, milk shakes (remember NO STRAWS), etc.
4. **IF your pain, discomfort, or bleeding continues or worsens**, call the office for a re-examination.
5. **If you were given medications**, take them according to the instructions. If you have pain medications, at home, you may take them according to the instructions.
6. **Tomorrow morning, start rinsing gently with warm salt water** (1/4 teaspoon of salt to 1 cup of water) every four (4) hours for two (2) days.
7. **If any problems or questions do arise**, please feel free to call the office at **540-899-7791**.