



Instructions following Oral Surgery

INSTRUCTIONS

- 1- Bite down on the cotton and replace it every 20 minutes until the bleeding stops. If you run out of cotton, use a tea bag. It is normal to have a slight amount of blood in your saliva for the first two days.
- 2- Take the medicine that was prescribed to you by the dentist.
- 3- If medication was not prescribed, you may take analgesics such as Advil or Tylenol in case of pain.
- 4- For the first 48 hours, you should avoid rinsing your mouth, smoking or eating any hard, hot or spicy food.
- 5- If you received any stitches, apply ice on your cheek for 20 minutes, stop for ten minutes then repeat again. Repeat this sequence for the first day only. The stitches will fall out by themselves.
- 6- Should you have any problems or questions, call us on our 24 hour emergency service hot line.

NOTE: To prevent rapid bone loss and/or facilitate future implant placement, we recommend the placement of bone grafting material at the time of extraction.