

# POST-SURGERY INSTRUCTIONS



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

- 1 Bite on gauze for thirty minutes** 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

Spit or rinse  
excessively

Drink alcohol,  
carbonated liquids or  
very hot liquids

Any of these can cause the blood clot over the surgery site to dislodge from the socket, causing a “dry socket” and resulting in unnecessary pain. Should this happen, call the office at 330.825.4446 to see the doctor as soon as possible.

3

### Maintain a soft diet:

For the remainder of the day-things like soup, ice cream, Jell-O, applesauce, etc.

4

### If your pain, discomfort or bleeding continues or worsens:

Call the office 330.825.4446 for a re-examination.

**Biting on a wet tea bag or an ice cube for 30 minutes** can also help stop any bleeding.

5

### If you were given medications:

Take them according to the instructions.

6

### If swelling occurs:

Place an ice pack directly on your face in the area of swelling. Fifteen minutes on followed by a five-minute break repeated for several hours should reduce the swelling.

7

### Starting tomorrow morning

Rinse gently with warm salt water  
1/4 teaspoon of salt to 1 cup of water every 4 hours for 2 days.

8

### If any problems or questions do arise,

Call the office at 330.825.4446 or Dr. Kate personally at 330.760.0654.



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