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**Post-Op instructions following oral surgery:**

1. Continue to bite on gauze for the first 30 min after surgery then only as needed (unless told otherwise)
2. To minimize any swelling or bruising that may occur by placing a towel wrapped ice pack, gently on the area for 10 minutes on, 10 minutes off, for the first several hour after treatment.
3. Keep fingers and tongue away from surgical site
4. **NO RINSING** for first 24 hours, starting tomorrow you can swish gently with salt water (1/2 teaspoon salt dissolved in cup) and let it fall from mouth. Continue for a few days.
5. **DO NOT** smoke, drink alcohol, blow nose, *spit*, drink through a straw or brush aggressively for 48 hours.
6. Cold or lukewarm liquids for first 6 hours. After this you can move onto soft food for the next day; followed by solids when patient feels ready.
7. Bleeding – it is normal for the saliva to be streaked with blood for a couple of days. But this will slowly cease.
8. Do not hesitate to call the office if discomfort persists.