

Surgical Suites, LLC
Samer Elbatanouny, DDS

Oral Surgery Post-Op Instructions

- A piece of gauze has been placed firmly at the surgery site. **Keep biting pressure on this same piece of gauze for 30 minutes and continue to swallow your saliva like normal.** After 30 minutes, if there is still bleeding, replace the gauze with a new one and apply biting pressure for 30 more minutes.
- Place ICE on face / jaw area of surgery on and off for the rest of the day today.
- Strictly Soft and Cold diet for the rest of the day. Ice cream and milkshakes are great.
- **NO spitting, NO rinsing, NO use of a straw, for the first day.**
- Rest and take it easy for the next two days. No heavy lifting or sports.
- For 1 week, **NO hot, spicy or Crunchy foods, NO alcohol, and NO smoking.**
- For 1 week, keep food away from the extraction site and rinse with warm salty water after every meal to keep the site clean.
- Brush your teeth like normal. Floss like normal
- Slight swelling and pain are normal for 1 week following the procedure.
- If after 3-4 days your pain becomes worse or you feel a throbbing at the site, you must seek further care from your dentist for treatment.

Surgical Suites, LLC
Samer Elbatanouny, DDS

Oral Surgery Post-Op Instructions

- A piece of gauze has been placed firmly at the surgery site. **Keep biting pressure on this same piece of gauze for 30 minutes and continue to swallow your saliva like normal.** After 30 minutes, if there is still bleeding, replace the gauze with a new one and apply biting pressure for 30 more minutes.
- Place ICE on face / jaw area of surgery on and off for the rest of the day today.
- Strictly Soft and Cold diet for the rest of the day. Ice cream and milkshakes are great.
- **NO spitting, NO rinsing, NO use of a straw, for the first day.**
- Rest and take it easy for the next two days. No heavy lifting or sports.
- For 1 week, **NO hot, spicy or Crunchy foods, NO alcohol, and NO smoking.**
- For 1 week, keep food away from the extraction site and rinse with warm salty water after every meal to keep the site clean.
- Brush your teeth like normal. Floss like normal
- Slight swelling and pain are normal for 1 week following the procedure.
- If after 3-4 days your pain becomes worse or you feel a throbbing at the site, you must seek further care from your dentist for treatment.

Surgical Suites, LLC
Samer Elbatanouny, DDS

Oral Surgery Post-Op Instructions

- A piece of gauze has been placed firmly at the surgery site. **Keep biting pressure on this same piece of gauze for 30 minutes and continue to swallow your saliva like normal.** After 30 minutes, if there is still bleeding, replace the gauze with a new one and apply biting pressure for 30 more minutes.
- Place ICE on face / jaw area of surgery on and off for the rest of the day today.
- Strictly Soft and Cold diet for the rest of the day. Ice cream and milkshakes are great.
- **NO spitting, NO rinsing, NO use of a straw, for the first day.**
- Rest and take it easy for the next two days. No heavy lifting or sports.
- For 1 week, **NO hot, spicy or Crunchy foods, NO alcohol, and NO smoking.**
- For 1 week, keep food away from the extraction site and rinse with warm salty water after every meal to keep the site clean.
- Brush your teeth like normal. Floss like normal
- Slight swelling and pain are normal for 1 week following the procedure.
- If after 3-4 days your pain becomes worse or you feel a throbbing at the site, you must seek further care from your dentist for treatment.

Surgical Suite, LLC
Samer Elbatanouny, DDS

Oral Surgery Post-Op Instructions

- A piece of gauze has been placed firmly at the surgery site. **Keep biting pressure on this same piece of gauze for 30 minutes and continue to swallow your saliva like normal.** After 30 minutes, if there is still bleeding, replace the gauze with a new one and apply biting pressure for 30 more minutes.
- Place ICE on face / jaw area of surgery on and off for the rest of the day today.
- Strictly Soft and Cold diet for the rest of the day. Ice cream and milkshakes are great.
- **NO spitting, NO rinsing, NO use of a straw, for the first day.**
- Rest and take it easy for the next two days. No heavy lifting or sports.
- For 1 week, **NO hot, spicy or Crunchy foods, NO alcohol, and NO smoking.**
- For 1 week, keep food away from the extraction site and rinse with warm salty water after every meal to keep the site clean.
- Brush your teeth like normal. Floss like normal
- Slight swelling and pain are normal for 1 week following the procedure.
- If after 3-4 days your pain becomes worse or you feel a throbbing at the site, you must seek further care from your dentist for treatment.