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POST-OPERATIVE INSTRUCTIONS

- No Rinsing. No Spitting. No drinking through a straw. It is important for the blood clot to form
- No smoking for at least **24 hours**
- No alcohol for at least 24 hours
- Bite on gauze for minimum of **30 minutes**: change as needed but remove as soon as possible
- Take medications as prescribed for pain but avoid taking aspirin
- **DO NOT DRIVE OR OPERATE MACHINERY** while taking any type of narcotic medication
- Place an old pillow case on your pillow tonight
- You may use an ice pack outside of the face for a routine of 20 minutes on, and 20 minutes off for the first couple of days
- Use warm salt-water rinses starting tomorrow several times a day
- Take the narcotic (pain medication, if prescribed) at night. During the day alternate between Tylenol and Advil/Motrin **every 3 hours**
- No crunchy foods, try to have a soft diet for the first few days

If you have any questions or concerns regarding your procedure or “at home instructions”, please do not hesitate to call us immediately.