

Home Care Instructions following Oral Surgery

* Do not disturb wound with finger or tongue. Although tempting, doing so may invite irritation, infection, and/or bleeding. If sutures were placed, do not disturb them. You will need to return in 7-10 days for suture removal.

* For 3 days refrain from smoking, drinking alcoholic beverages, citric juices, and carbonated beverages. You may drink water, tea, milk, etc., but nothing with a fizz. Also, **DO NOT USE A STRAW** for any of your beverages for the first 48 hours.

* Do not rinse your mouth for a full 24 hours after surgery. On day 2 You may begin rinsing very gently with warm salt water. Do not rinse vigorously, as you will dislodge the blood clot and cause a dry socket.

Salt water directions: Dissolve one teaspoon of salt in 8oz. of warm water.

* Please continue to brush and floss as you would normally, taking care in your surgical site. Remember, a clean mouth heals faster and lessens the risk of infections or complications.

* Take pain medications as directed by Dr. Keith Mitchell. If you have any swelling or itching after taking medications, please stop the medication and call our office immediately at **972-252-3020**.

* During the healing process, maintain a high protein diet as this will speed recovery. Also, you may alternate an ice pack and a heat pack for comfort or swelling. Alternate every 15 minutes, repeating the process until swelling or discomfort is reduced.