



Oral Surgery Post Operative Instructions

- Bite on gauze for 30 – 45 minutes with firm pressure then switch out for another piece of gauze for 30 more minutes
- No smoking for 5 days
- No straws for 5 days
- No swishing for 5 days
- No spitting for 5 days
- No mouthwash for 5 days
- Beware of sharp foods (chips, pretzels, peanuts, popcorn)
- Beware of hot liquids (hot soup, coffee or tea)
- Beware of spicy foods
- Maintain a soft diet for a few days
- Take regular medications as directed
- Brush softly around the extraction site