**BRIGHT SMILES COSMETIC & IMPLANT DENTISTRY**

**1444 KEMPSVILLE RD. #101**

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**ORAL SURGERY**

**POST-OPERATIVE INSTRUCTIONS**

1. Leave gauze in place, applying firm pressure for 30 minutes, and replace as needed. Expect some oozing from the area.
2. Take the first dose of pain medication as soon as possible. Expect some discomfort.
3. Apply ice or cold pack to face over area, 20 minutes on and 20 minutes off, for today only.
4. For the remainder of today, do not rinse, spit, and suck through a straw, smoke, or drink alcoholic beverages. Beginning tomorrow, rinse every 4 hours with ¼ teaspoon of salt in a large glass of warm water.
5. Drink lots of liquids today and eat cool, soft foods for the next 3-4 days. Do not eat crunchy food or any other hard-textured food until the area has healed.
6. Return if instructed or in pain or bleeding becomes excessive.

If you need to speak with the doctor after office hours, please do not hesitate to call at the **emergency number**.