



FERNANDA GARCÍA D.D.S

POST- OPERATIVE INSTRUCTIONS

We suggest you follow these instructions. They will help prevent complications and promote early recovery.

- ✓ Keep the gauze pack in place biting with gentle pressure for 15 minutes, then dispose it.
- ✓ Do not bite or pinch the anesthetized area of your lip or cheek.
- ✓ Maintain a soft diet during the day of the surgery.
- ✓ Practice good oral hygiene. Use a soft brush and avoid rinses 24 hours after the intervention.
- ✓ Avoid smoking at least 48 hours after surgery.
- ✓ Physical activity must be restricted to a minimum for the first 24 to 48 hours after surgery.
- ✓ It is normal to swell, do not be alarmed. To minimize the swelling, apply ice packs on the site of the intervention during the first 24 hours.
- ✓ The swelling will ease after 72 hours. Warm moist heat applied externally may be advised after the second day of surgery to relieve discomfort.
- ✓ To relieve pain and inflammation, take prescribed medications as directed.
- ✓ If you are prescribed an antibiotic, you should take them at the hour and for the designated time, do not stop treatment even if you feel better.
- ✓ If bleeding is present, contact the office immediately.

Next appointment: _____