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## Post-Operative Care: Instructions for Home Care

*It is important to take care of your surgery site.  
Please follow these instructions:*

1. **Bite on gauze for 30 minutes** (one half-hour) to stop any bleeding. If bleeding continues, place another gauze and continue to apply pressure.
2. **For at least 24 hours do not:**
  - smoke
  - drink through a straw
  - drink alcohol, carbonated beverages (“pop”), or hot liquids
  - blow your nose
  - spit excessively

Any of these things may cause the blood clot over the surgery site to dislodge from the “socket,” causing a “dry socket” and resulting in unnecessary pain. (Should this happen, call this office to see the doctor as soon as possible.)

3. **Do maintain a soft diet** for the remainder of the day—things like warm soup, ice cream, milk shakes (remember no straws), etc.
4. **If your pain, discomfort, or bleeding continues or worsens**, call the office for a re-examination.
5. **If you were given medications**, take them according to the instructions. If you have pain medications at home, you may take them according to the instructions.
6. **Tomorrow morning, start rinsing gently with warm salt water** (1/4 teaspoon of salt to 1 cup of water) every four (4) hours for two (2) days.
7. **If any problems or questions do arise**, please feel free to call the office (618-244-2440) or our emergency line (618-214-7862).