



Post op instructions

- 1) You may have some pain after the surgery. It varies from person to person
- 2) no spitting for 3 days after rinsing. It causes negative pressure and bleeding. You have to open your mouth and let go
- 3) Rinse very gently with warm salt water if you have no high blood pressure.
- 4) No brushing the surgical sites for 2 days after that brush the area very gently
- 4) No smoking**
- 5) liquid diet (soups) or very soft diet like, boiled eggs, smoothie with no seeds, and the like
- 6) room temperature diet, no hot food, nor hot drink for 2 days. Cold food is good. Ice cream, Milk, smoothie, chocolate milk NO straw
- 7) no crunchy foods, no chips, no cookies
- 8) no raw vegetables like carrots and the like
- 9) take your antibiotics and pain med as directed.
- 10) take the pain medications for 3 days regardless, it is anti-inflammatory and helps prevent inflammation
- 11) the dressing may come off piece by piece. Try to be careful with it and keep it for as long as possible, it usually stays for one week at least
- 12) do not pull your lip to look inside your mouth
- 13) no exercise or lifting heavyweights for 3 to 4 days

Keep me posted

Dr Ijadi,
Thank you,