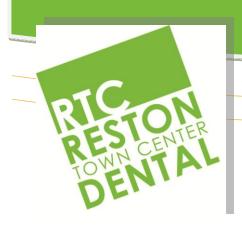
State of the Art Dentistry 703-956-9444



Dr Ijadi's 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,