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### **Post Surgical Instructions for Patients**

Proper oral hygiene after dental surgery is extremely important since good care can help the healing process and prevent later complications, such as infection. Please read the following instructions.

1. Do NOT rinse, spit, gargle or drink from a straw after your extraction.
2. Avoid foods that require strenuous chewing. Liquids and soft foods minimize the chance of damage to tender areas.
3. Do NOT eat sharp, hard foods such as pretzels, popcorn, potato chips, etc.
4. If there is mild pain, take Tylenol or Motrin. Dosage as directed on package.
5. Call our office if your bleed more than a small amount. A little bleeding is expected, especially on the first day. Use gauze pressure to minimize bleeding.
6. If you have any concerns please call our office at (516) 333-3033.