

# POST-OPERATIVE INSTRUCTIONS

Elite Oral Surgery of Wellington

Recovery Guidelines and Care Instructions

## FIRST 24 HOURS

Bleeding: Bite on gauze for 30-45 minutes. Some oozing is normal.

If bleeding persists, use a moistened tea bag for 30 minutes.

Swelling: Apply ice packs 20 minutes on, 20 minutes off for the first 24 hours.

Pain: Take prescribed medications as directed. Do not drive or operate machinery.

Diet: Stick to soft, cool foods. Avoid hot liquids, straws, and spicy foods.

## DAYS 2-7

Continue with soft foods and gradually return to your normal diet.

After 24 hours, switch from ice to warm compresses to reduce swelling.

Gently rinse with warm salt water 3-4 times daily after meals.

Resume normal brushing, avoiding the surgical site.

## IMPORTANT DO NOTS

- Do NOT smoke or use tobacco products for at least 72 hours
- Do NOT use straws or spit forcefully
- Do NOT rinse vigorously or probe the surgical site
- Do NOT engage in strenuous activity for 3-5 days

## WHEN TO CALL US

Contact our office immediately if you experience:

- Excessive bleeding that does not stop with pressure
- Severe pain not controlled by medication
- Fever above 101 degrees F
- Persistent numbness after 24 hours

Emergency Line: (561) 790-0206