

Dr. Simon Samo  
Dr. Wael Kanaan  
14121 Southwest Freeway Suite B  
Sugar Land, TX 77478  
Phone: 281-447-6453  
Fax: 281-265-5598  
[www.ismilespecialists.com](http://www.ismilespecialists.com)

## **Patient Instructions after Simple Extraction and/or Surgical Extraction**

Place a cold towel or an ice bag on your face for the first 6-8 hours. Apply for 15 minutes, and then remove for 15 minutes.

If medication has been prescribed, TAKE AS DIRECTED.

Apply cold towel or ice bags for 15 minutes or as needed.

Keep fingers and tongue away from the socket.

Do not rinse your mouth until the following day.

In the morning following surgery, rinse the mouth with warm salt water ( $\frac{1}{2}$  teaspoon salt warm water glass) several times daily.

Following dental surgery it is normal to experience some discomfort such as:

- Bleeding- Normal for saliva to be slightly streaked with blood for 1-2 days.
- Swelling & stiffness- It is normal and should not cause alarm
- Diet- a liquid or soft diet is advised during the first 24 hours

Drink lots of fluids.

**NO DRINKING HOT OR COLD BEVERAGES/FOOD  
NO DRINKING THROUGH A STRAW  
NO CARBONATED DRINKS OR SOUR DRINKS  
NO SMOKING, DO NOT SPIT  
NO DRINKING ALCOHOLIC BEVERAGES  
NO HEAVY LIFTING OR HEAVY WORKING**

Avoid blowing your nose for TODAY

If you have any questions or concerns please give us a call.