



Celina Family Dentistry  
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## **POST-OPERATIVE INSTRUCTIONS FOR ORAL SURGERY**

- No swishing for 48 hours. Light rinsing is permitted after 12 hours.
- No carbonated or alcoholic beverages for the first 24 hours.
- No drinking through a straw or smoking for one week.
- Ice packs 30 minutes on, 20 minutes off - for first 2-3 hours.
- Change gauze every 30 minutes for 8 to 12 hours or until bleeding stops.
- Your saliva may be slightly pink for 24 hours; this is normal.
- Avoid excessive activities for 3-5 days (lifting/extraneous activities).
- If sutures were placed, they will be removed in 5 to 7 days. Please schedule an appointment.
- There may be some normal discomfort following dental surgery.
- Take 1 pain pill within 1 hour after leaving our office; then take pain medication as needed or directed.
- Any pain pill can make you drowsy. Do not operate a car or any equipment.
- Finish your antibiotics as prescribed.
- Gentle salt water rinses after 48 hours of extraction is okay, if desired. (1/2 tsp. salt to 8 oz. of water)
- Brush and floss twice daily, avoiding extraction sites for 3-5 days.
- No hard or crunchy foods; a soft diet will be necessary for the first few days after surgery. It is best to gradually return to a healthy diet as soon as you feel comfortable biting and chewing on the extraction site.