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POST-OPERATIVE INSTRUCTIONS

1. Maintain firm biting pressure on gauze that has been placed in your mouth for TWO hours, then discard. If bleeding recurs at any time, repeat this procedure with the extra gauze provided.
2. Do **NOT** rinse, spit, drink through a straw *or* smoke for at least 24 hours. (This may dislodge the blood clot and prevent proper healing.) Avoid carbonated and alcoholic beverages for 24 hours. Do **NOT** eat or drink anything HOT for 24 hours. Nutrition is important. Drink plenty of water and eat a soft diet. Avoid 'gritty' foods that may form debris in the surgical sites.
3. Take any prescribed medications according to instructions. These should be swallowed and not held in the mouth, and *never* taken on an empty stomach.
4. Avoid any strenuous physical activity for 24 hours.
5. If ice is prescribed, hold on your face over the surgical area for 20 minutes, take off for 5 to 10 minutes, and continue this cycle for 6 hours, only on the day of the surgical procedure
6. **After** 24 hours, rinse the surgical site gently with warm salt water (1 teaspoon of salt in a glass of warm water). Repeat at least 4 times per day - after meals and at bedtime. Continue for at least 7 days.
7. If you have any questions or problems with bleeding or discomfort, call (972) 747-7777. After normal hours, call (469) 222-6365. If post-operative care is required (suture removal, etc.), you will be given an appointment on the day of surgery.