



POST-OP INSTRUCTIONS FOLLOWING SIMPLE TOOTH REMOVAL

1. Bite on gauze provided, applying firm pressure for 2 hours.
2. Ice Pads may be applied for the first 2-4 hours; alternating for 20 minutes on, 20 minutes off.
3. Do not smoke, spit, rinse or use a straw for 24 hours.
4. Cold or lukewarm liquids may be taken and any soft food is permissible.
5. Swelling discomfort is expected with oral surgery. Should swelling and pain become more severe after the third day, please call our office for an appointment.
6. If you have any questions or concerns, please do not hesitate to call our office at (705)752-4221.
7. Strenuous exercise should be avoided for 24 hours.