

Home Care Instructions

Quick Overview for the First Week

1 Once you get home remove gauze pads.



2 Eat something soft and cool. Be careful to not bite your lip or tongue, as your mouth could still be numb.



3 Take your medication as directed. It is best to be proactive in pain management.



4 The day after surgery, you should begin gently rinsing at least 2-3 times a day, especially after eating. Please rinse with warm salt water along with the mouth wash Peridex as prescribed.



5 Take it easy for the first few days.



6 No straws, smoking, heavy lifting or strenuous activity for the first 5 days.

