

## **Do and Don't after Oral Surgery Procedures**

- Keep biting on the surgical pack placed over the surgery site for 30-45 minutes.
- Eat soft diet on the other side of the mouth in the first 24 hours.
- Take the prescribed painkiller after one hour from surgery.
- Apply ice packs externally on the side of surgery in the first 6-8 hours to minimize possible swelling.
- Start using warm salty water rinses or your prescribed mouthwash from the second day after surgery and continue it for one week.
- Avoid rinsing and mouth washes in the first 24 hours after surgery.
- Avoid spicy and hot food in the first 24 hours after surgery.
- Avoid frequent changing of the surgical packs and gauze to avoid the risk of stimulating the bleeding and reopening of the wound.