



Surgical Procedures

After Your Visit

Bite on a gauze pad with pressure for at least 1 hour.

Avoid spitting, this interferes with healing. DO NOT drink through a straw.

Avoid hot foods and liquids. Heat slows down the clotting process.

Avoid strenuous activity during the first 24 HOURS AFTER TREATMENT

Diet- During the first 24 HOURS AFTER TREATMENT

Juices

Plenty of water

Soft foods - Use blender to puree fruits or vegetables

Proteins - fish, chicken, eggs

Avoid hot spicy foods

24 hours AFTER procedure

1. Use warm salt water/baking soda soaks 4 TIMES A DAY, after meals and before bed.

Add 1 tablespoon salt and 1 tablespoon baking soda to 8 oz. warm water.

Take one mouthful of rinse and hold over treatment area for

1 FULL MINUTE, let soak. Empty mouth and repeat two more times.

2. Apply aloe after rinsing, if desired.

SUTURES

If sutures were placed, you will need a follow-up appointment in about a week to have them removed.

MOST COMPLICATIONS OCCUR WITH PEOPLE WHO SMOKE.



To promote healing, discontinue smoking until sutures are removed.

Expect the area to be a little tender, possibly achy. Ibuprofen (Advil, Motrin) should be sufficient.

Bleeding is rarely a problem; however, if noticed, bite on gauze or a wet tea bag with continuous pressure for 30 minutes.

Supplements

Vitamin C 4-10 grams/day

Vitamin E 800 units/day

Chelated Zinc 30 mg/day

Magnesium 100 mg/day

Homeopathics

Arnica

Aloe Vera Gel