

Appointment information

_____ has an appointment

on _____

at _____ AM | PM

A minimum of 48 hours' notice is required to cancel appointments. There is a fee for missed appointments.

We look forward to taking care of you!

For more details or to schedule a consultation, contact Alameda Oral Surgery Group today:

ANTELOPE VALLEY

44441 16th St West, Suite 103
Lancaster, CA 93534
P: 661-945-4040
F: 661-945-9120

BURBANK

2625 W. Alameda Ave, Suite 502
Burbank, CA 91505
P: 818-845-2616
F: 818-845-3359

NEWHALL

23450 Lyons Ave, Suite A
Santa Clarita, CA 91321
P: 661-254-0390
F: 661-254-2772



**Alameda Oral
Surgery Group**
ANTELOPE VALLEY • BURBANK • NEWHALL

Post-operative instructions

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Post-operative instructions

1. ICE PACK to be placed on the face by the surgical site of extraction on and off each 10-20 minutes for the first 24 - 48 hours.
2. Keep HEAD ELEVATED for the first week. Use an extra pillow at night. Do not lie in a flat position. This will help minimize swelling.
3. Keep GAUZE in mouth with firm stable pressure for 45 minutes - 1 hour after the patient leaves the office. For excessive bleeding use the teabag as instructed.
4. There can be OOZING from the surgical sites for approx. 4 to 5 days after the surgery.
5. The most DISCOMFORT & SWELLING can occur between the 3rd & 4th day after surgery.
6. SOFT DIET may be required (soups, eggs, cheese, etc.) A limited opening of the mouth can be expected from one to three or more weeks post operatively. Avoid foods with small seeds and grains.
7. ANTIBIOTICS that are given should be taken on schedule around the clock (day & night).
8. MEDICATION FOR PAIN & discomfort should be taken only when needed; the pain pills can be cut into halves or quarters and a small amount taken as needed, thus reducing upset stomach. No driving or operating dangerous machinery after taking pain medications. Take with food and stay hydrated.
9. CLEANING OF THE MOUTH - USE $\frac{1}{2}$ teaspoon of salt in an 8oz. glass of water starting the day after surgery. Rinse in the morning, at bedtime and after each meal. Brushing can be started the day after surgery. No vigorous spitting.
10. After I.V. medications & Surgery, NO OPERATING VEHICLES for a period of 24hrs. PATIENT SHOULD WALK AROUND WITH ASSISTANCE AND NOT BE LEFT UNATTENDED. NOT BE LEFT ALONE. NO LIFTING WEIGHTS & exercising for a period of 4-7 days.
11. After surgery NO SMOKING for a minimum of 7 days. Smoke can cause damage to the healing site.
12. SINUS PRECAUTIONS (If instructed to follow): No nose blowing, no sniffing, no blowing up balloons, and sneeze with mouth open for 3 weeks or as directed. No spitting.
13. DO NOT USE STRAWS for the first week. Suction can cause damage to the healing site by dislodging the blood clot.
14. Drink plenty of liquids (juice, sports drinks or water) directly from a glass or bottle. Avoid carbonated drinks.
15. SUTURES, if any have been placed, will dissolve within a week but can last up to two weeks. Non-resorbable sutures will require removal.
16. If you have any questions or problems, please do not hesitate to call the office day or night. The doctor is available through the answering service.



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