



## Adult and Pediatric Hospital Dentistry

---

850.502.0011  
Robert E. Pierce, DMD, PA  
Fellow, Academy of General Dentistry

### Oral Surgery Instructions

- NOTHING by mouth, NO food, NO drink for 8 hours BEFORE tx

Keep the Pressure/gauze in place one hour post op, replace as necessary  
Wrap a damp tea bag in gauze if bleeding persist, hold for 1hr/repeat

- Do Not Rinse for 24 hours, DILUTE any mouthwash
- NO drinking through a straw Food – BABY food TEXTURE only, one wk \*\*\*
  - NO SMOKING for 72 hours, this causes dry socket which HURTS worse than the extraction/COVER the sockets when you resume (3 days)
- Apply ice to for the first 2 days, then warm-moist heat (15 min on/ 15 min off)
  - Continue any medications only as directed by the doctor or staff the day of tx
- Take Prescribed Pain meds and Antibiotics only as Prescribed  
You may add additional Tylenol or Ibuprophen as instructed
  - Do not wait to take your pain medicine, take IMMEDIATELY post op
- If you experience any unusual swelling, pain or bleeding...contact Dr Pierce immediately. 850.502.0011 cell, Surg Ctr: 850.522.1930
  - If taking antibiotics, use ALTERNATIVE forms of Birth Control
- Resume diet with Clear Liquids, Popsicles, Jello, Ice chips. Ease into baby foods  
Increase Protein. NO milk products or greasy foods 24 hours post anesthesia
  - \*\*\*Food texture jello to applesauce (no eggs, potatoes). Nothing that
    - Could not be easily rinsed out of sockets \*\*\*
  - We encourage you to ask questions about your Health and Healthcare
- Contact nearest Emer Rm if you are unable to contact me / feel you have an emer