

## Simple Surgery Post-Op Instructions

\*No straws, spitting, or smoking for 2 weeks.

\*Do not brush treated area for 2 weeks. Rinse with warm salt water 2 x day.

\*Avoid crunchy, hard, sticky food for 2 weeks.

\*Rest for the first day after the surgery then resume normal physical routine.

\*You may have stitches. The dental assistant will let you know if they are dissolvable or not.

\*Do not pull or stretch treated area. This can damage the blood clot or stitches that are in place.

\*Take over the counter Ibuprofen (Advil) or Tylenol for pain.

Westpark (303)-424-7757

Dr.Campbell (303)-378-5614 (Emergency only)

Dr.Spillman (303)-425-1155 (Emergency only)