Post-Operative Instructions

For extractions, implants and oral surgery. If Dr. Phen gave you instructions specific to your procedure, follow those first.

Bleeding

- Bite firmly on gauze for 30–45 minutes; replace it if needed.
- Light oozing for 24 hours is normal. A damp black tea bag can help.

Swelling

- Ice 20 minutes on, 20 off, for the first 24–48 hours.
- Swelling peaks around day 2–3. Sleep with your head raised.

Discomfort

- Take medications exactly as prescribed or directed.
- No driving or alcohol while taking prescription pain medicine.

If you were sedated

- Rest at home with a responsible adult. Don't drive for 24 hours.

Eating & drinking

- Soft, cool foods the first day: yogurt, eggs, warm (not hot) soup.
- Chew on the other side and stay hydrated.
- No straws for one week.

Keeping it clean

- No rinsing or spitting for 24 hours.
- Then rinse gently with warm salt water (½ tsp in 8 oz) after meals.
- Brush as usual, gently around the area.

Please avoid

- Smoking or vaping for at least 72 hours.
- Strenuous exercise for 2–3 days.

Contact us if you notice

- Bleeding that won't slow after 2–3 hours of pressure
- Swelling that keeps growing after day 3
- Fever over 101°F
- Pain that gets worse after day 3
- Numbness that lasts into the next day
- Rash, itching or other allergic reaction

Trouble breathing or swallowing? Call 911.

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