



DR. BRETT BRAZEAL, D.D.S.
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POST SURGICAL INSTRUCTIONS

1. Please wet the gauze given you, and bite on it. Make sure to change the gauze every 20-60 minutes. Stop using gauze after the bleeding stops. Also, biting on a wet tea bag will also help stop the bleeding.
2. No smoking for 3 days.
3. No spitting for 3 days.
4. You may gently rinse with warm salt water, but be careful not to swish too vigorously and let it gently fall out of your mouth – no spitting.
5. Do not use straw for at least a week.
6. Do not drink hot drinks for at least a week.
7. Make sure to drink plenty of water.
8. Stay on soft diet until the extraction wounds close.
9. Oftentimes, the area will be sore. Tylenol is preferred, but ibuprofen (such as Advil or Motrin) can be used if the bleeding has stopped.
10. We recommend yogurt, soup (may be warm or cold), and mashed foods.
11. Please call us at **(714) 846-1414** if you have any questions or concerns. You can also email to office@seabreezedental.com.