

# Post-Operative Care Instructions for Dental Surgery

Dear [Patient's Name],

Thank you for trusting us with your dental care. Following your recent surgery on [Date of Surgery], please adhere to the following post-operative care instructions to ensure a smooth recovery:

## 1. Pain Management

Take prescribed pain medication as directed. Over-the-counter pain relievers such as ibuprofen or acetaminophen may also be used.

## 2. Oral Hygiene

Do not rinse your mouth for the first 24 hours. After that, gently rinse with warm salt water. Avoid brushing the surgical site for the first week.

## 3. Diet

Stick to a soft diet for the first few days. Foods such as yogurt, applesauce, and soups are recommended. Avoid hard, crunchy, or hot foods.

## 4. Swelling and Bruising

Apply ice packs to the outside of your cheek for 15-20 minutes every hour for the first 24 hours to minimize swelling.

## 5. Restrictions

Avoid physical exertion and strenuous activity for at least 48 hours. Do not smoke or use straws for the first week.

## 6. Follow-Up

Please schedule a follow-up appointment within a week. If you experience excessive bleeding, severe pain, or any unusual symptoms, contact our office immediately.

Thank you for your cooperation. Wishing you a speedy recovery!

Best regards,  
[Your Name]  
[Your Title]  
[Dental Office Name]  
[Contact Information]