

Follow-Up Guidelines After Your Oral Surgery

Dear [Patient's Name],

Thank you for trusting us with your oral health. We hope your surgery went smoothly. Please follow the guidelines below to ensure proper healing:

1. Pain Management

Take prescribed medications as directed. For mild discomfort, over-the-counter pain relievers such as ibuprofen can be effective.

2. Dietary Restrictions

Avoid hot, spicy, or hard foods for the first few days. Stick to soft foods like yogurt, smoothies, and applesauce.

3. Oral Hygiene

Keep your mouth clean. Rinse gently with warm salt water starting 24 hours after surgery, but avoid vigorous swishing.

4. Activity Restrictions

Avoid strenuous activities and heavy lifting for at least 24 hours post-surgery. Rest is essential for recovery.

5. Follow-Up Appointment

Please schedule a follow-up visit within one week to monitor your healing progress.

If you have any concerns or experience increased pain, swelling, or bleeding, do not hesitate to contact our office immediately.

Wishing you a smooth and speedy recovery!

Sincerely,

[Your Name]

[Your Title]

[Your Practice Name]
[Contact Information]