

Post-Surgery Oral Hygiene Instructions

Dear [Patient's Name],

We hope you are recovering well after your recent surgery. Proper oral hygiene is essential for your healing process. Please follow these guidelines to maintain good oral health:

Immediate Post-Operative Care

- Do not rinse your mouth for the first 24 hours after surgery.
- Use an ice pack on the outside of your face for the first 48 hours to reduce swelling.
- Take prescribed medications as directed to manage pain and prevent infection.

Oral Hygiene Practices

- After 24 hours, gently rinse your mouth with warm salt water (1/2 teaspoon of salt in 8 ounces of warm water) after meals.
- Brush your teeth gently, avoiding the surgical site. Use a soft-bristled toothbrush.
- Continue to practice excellent oral hygiene, brushing at least twice a day.
- Floss daily but be cautious around the surgery area.

Dietary Recommendations

- Stick to soft foods for the first few days (e.g., yogurt, smoothies, mashed potatoes).
- Avoid hot, spicy, or crunchy foods that may irritate your mouth.

If you experience any unusual symptoms, such as heavy bleeding, increased pain, or signs of infection, please contact our office immediately.

Thank you for following these guidelines. Wishing you a swift and smooth recovery!

Sincerely,

[Your Dentist/Surgeon's Name]

[Dental Practice Name]

[Contact Information]