

# Post-Operative Care Instructions

Dear [Patient's Name],

Thank you for trusting us with your oral surgery. To ensure your recovery is smooth and comfortable, please follow these post-operative care instructions:

## Immediately After Surgery

- Remain in a semi-upright position for the first few hours.
- Apply gentle pressure to any bleeding areas using gauze provided.
- Rest for the remainder of the day.

## Dietary Guidelines

- Stick to soft foods for the first few days.
- Avoid hot, spicy, or crunchy foods until your mouth has healed.
- Stay hydrated but avoid using straws.

## Pain Management

- Use prescribed medications as directed.
- Over-the-counter pain relievers may be used as needed.

## Oral Hygiene

- Brush your teeth gently, avoiding the surgical site.
- Rinse your mouth with warm salt water starting 24 hours after surgery.

## Follow-Up

Please schedule a follow-up appointment in [insert time frame, e.g., one week] to ensure proper healing.

If you experience excessive bleeding, severe pain, or any concerning symptoms, do not hesitate to contact us immediately.

Wishing you a swift recovery!

Sincerely,

[Your Practice Name]

[Contact Information]