

Recovery Advice Following Your Oral Surgery

Dear [Patient's Name],

We hope this message finds you well. As you recover from your recent oral surgery, please follow these guidelines to ensure a smooth recovery:

Post-Operative Care Instructions

- **Rest:** Take it easy for the first 24-48 hours post-surgery.
- **Ice Packs:** Apply ice packs to the outside of your face for 20 minutes on, 20 minutes off, to reduce swelling.
- **Medication:** Take prescribed medications as directed. Do not skip doses.
- **Diet:** Stick to soft foods and liquids for the first few days. Avoid hard or spicy foods.
- **Hydration:** Drink plenty of fluids. Avoid straws as they may disturb the surgical site.
- **Oral Hygiene:** Rinse gently with warm salt water after 24 hours. Avoid brushing the surgical area for the first few days.

Signs to Watch For

If you experience any of the following, please contact our office:

- Heavy bleeding that does not stop with gentle pressure.
- Severe pain not relieved by medication.
- Signs of infection (fever, increased swelling, or pus).

We are here to support you during your recovery. Please do not hesitate to reach out if you have any questions or concerns.

Wishing you a speedy recovery!

Sincerely,

[Your Practice's Name]

[Contact Information]