

WEST VALLEY ORAL SURGERY  
Dr Sheldon Katz & Dr Serge Lokot  
**(818) 788-4424**

**POST OPERATIVE INSTRUCTIONS**

**Day of Surgery:**

• **Protect the Blood Clots**

- NO rinsing, spitting, brushing, smoking, or straws

• **Check Bleeding**

- Check gauze when you get home
- Replace gauze every 30-40 minutes if saturated (red & soggy)
- If still saturated after 3-4 changes, switch to moist black tea bag (Lipton)

• **Minimize Swelling**

- Ice: 20 minutes on, 20 minutes off - ALL DAY!
- Swelling peaks 3 days AFTER surgery

• **Cool, Soft Diet**

- Yogurt, pudding, applesauce, Jamba Juice (no seeds), ice cream, smoothies

**Starting Tomorrow:**

• **Good Oral Hygiene**

- Use the soft post-surgical toothbrush we gave you to brush the TEETH around the surgery site. Do not brush the gums around the surgical site. Brush the other teeth with your regular toothbrush
- Warm salt water SOAKS for surgery areas 2-3x a day until healed

• **Diet**

- Warmer, still soft – Eggs, soup, pasta, mash potatoes, etc.
- Avoid hard, crunchy foods such as seeds, popcorn, nuts or chips for 3-4 weeks until the area fully heals