



JARED B. ANTROBUS D.D.S., INC.

ORAL & MAXILLOFACIAL SURGEON

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Post- Surgical Instructions for Socket Graft:

1. Call Dr. Antrobus at 916-632-5809 day or night with questions.
2. Pick up prescriptions at _____ and begin taking them every 4 to 6 hours as directed.
3. To minimize bleeding, and to avoid swallowing blood, bite on gauze pads for 3 hours.
4. While gauze is in place, use a straw to consume liquids such as broth, water, juice, etc.
5. Once the gauze is removed, DO NOT use a straw and continue to limit your diet to soft foods (mashed potatoes, Jell-O, yogurt, applesauce, etc.) until numbness has worn off. It is important to drink plenty of fluids during the week following your surgery.
6. DO NOT bite on anything hard (i.e. ice cubes, hard candy, nuts, etc.) for 3 months, and avoid opening your mouth too wide for about 10 days.
7. Please do not smoke or use tobacco for at least 1 week, as doing so will slow the healing process. If you choose to smoke, be sure to rinse your mouth with salt water immediately afterward.
8. To reduce swelling, leave ice packs on the face for 24 hours, and continuously replace melted ice as necessary. Do not use frozen chemical bags.
9. TOMORROW- Begin rinsing with warm salt water twice daily for one week (Approximately 1 teaspoon salt to 1 cup of water).
10. TOMORROW- You may resume your normal routine. Be sure to brush, floss, and rinse with salt water after meals. Just be careful when cleaning the affected area and make an effort to chew on the opposite side when eating.

IF YOU WERE SEDATED OR ASLEEP FOR YOUR SURGERY:

1. *Do not drive or operate machinery for 24 hours.*
2. *Have a responsible person stay with you for the remainder of the day.*
3. *Do not drink alcohol while taking any pain reliever.*

**Women should note that antibiotics may interfere with the effectiveness of birth control pills. You may wish to use an additional form of contraceptives for one month after using an antibiotic.*