

Post surgery Instructions.

- 1.** Adequately take prescribed medicine as instructed.
- 2.** Apply ice on surgery zone for the first three days.
- 3.** Apply moist hot towel on surgery zone from 4th to 6th day.
- 4.** Carefully brush teeth in and around surgery zone.

Avoid:

- 1.** Do not touch stitches with tongue.
- 2.** Avoid spitting.
- 3.** Avoid exposure to sun.
- 4.** Do not smoke.

Do not ingest:

- 1.** Greasy or fried foods.
- 2.** Red meats (beef & pork).
- 3.** Food that is too hot.
- 4.** Irritating food such as (lemon, salsa, coffee & alcohol).
- 5.** Dairy (milk, cream & cheese).



IF YOU FEEL ANY PAIN OR HAVE ANY QUESTIONS REGARDING YOUR TREATMENT, PLEASE CONTACT US AT:

MX 664.634.6307/US 619.730.3130 Online Appointments | **dentalhctijuana.com**