



**East Valley Oral Surgery
Dr. Eric Engel D.D.S. M.D.
480-812-8200**

Post Op Instructions:

- **Apply gauze pressure packs directly over the extraction site, changing the gauze every 30 minutes or so until the bleeding stops.**
- **A moistened tea bag may also be used (not herbal) in place of the gauze if the bleeding continues. Also, it is normal for the site to lightly ooze for a day or two.**
- You can expect to be numb for a few hours after your procedure.
- Make sure to be careful not to bite yourself and to avoid hot foods and beverage items while you are numb.
- You may use ice on your cheeks for 15 minutes on, and 15 minutes off.
- Ice should be used for the 1st 48 hours, and heat is recommended thereafter for swelling and discomfort.
- Soft foods may be eaten as soon as you get home, such as mashed potatoes, pastas, soups, pudding, jello and ice cream. You may resume your normal diet after a few days. Stay hydrated.
- Do not smoke, drink alcohol, use straws, spit, or rinse your mouth vigorously for a few days after the surgery. These things promote bleeding and may delay the healing process.
- It is normal to have some degree of discomfort, swelling, discoloration, and difficulty opening your mouth. The swelling usually peaks two days after the surgery and then begins to decrease.
- If you are given a prescription, please follow the directions as instructed. It is best to take the pain medication before the local anesthetic completely wears off. Also, make sure to eat something to avoid nausea.
- If you need to reach a Dr. “on call” please call the office (480) 812-8200. There is a different number on the answering machine to talk to the doctor.