

Dr. Rex H. Hoang

- 5. MINIMIZING SWELLING:** Apply an ice pack on your face (use an ice bag or wrap some ice cubes in a plastic bag and cover it with a cloth or towel) for 15-20 minutes. Repeat this for 20 minutes on and 20 minutes off until bedtime, during the day of the surgery.
- 6. EATING AND DRINKING: DO NOT EAT, DRINK, OR SMOKE FOR THE FIRST FOUR HOURS AFTER THE ORAL SURGERY.** This will ensure minimum disturbance of the fresh blood clot. After the first four hours, you should drink liberally of cold fluids such as water, ginger ale, soft drinks, juice, etc. Also if you are hungry, frequent small feedings are better than few large ones. **NEVER USE A STRAW!**

ON THE DAY AFTER ORAL SURGERY A SUGGESTED MENU MIGHT BE:

(NOTE) * Warm NOT hot or cold - Due to sensitivity*****

BREAKFAST	LUNCH	DINNER
Juice	Juice	Soup
Oatmeal	Yogurt	Broiled fish/meat
Yogurt	Jell-O	Rice/mashed potato w/gravy
Eggs	Macaroni & Cheese	Custard
Milk, coffee, tea	Milk, coffee, tea	Milk, soft drinks

7. AVOID EXCESSIVE EXERTION FOR 48 HOURS.

Following these instructions will really help you be comfortable and speed your recovery from the oral surgery.

If you experience any problems or concerns, **PLEASE CALL (202) 333-9282** during normal working hours. Evenings, weekends and holiday, **PLEASE CALL** emergency number **(703) 981-8610**.