



DR. OMID TERMECHI
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POST-OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

Please read over these instructions. If you have any questions, please contact our office. We will be glad to answer any questions that you may have.

- 1) Take medications as instructed.
- 2) Place ice packs on side of face where surgery occurred. Keep ice pack **ON** for 15 minutes, then **OFF** for 15 minutes. Apply the ice packs in this manner for the first 24 hours (except for sleep time).
- 3) Do not drink with a straw, spit or blow your nose forcefully. No rinsing for 24 hours, no brushing in the area of surgery.
- 4) After your surgery, do **NOT** eat hot foods or drink hot liquids for the rest of the day.
- 5) If you continue to bleed after you get home, hold a piece of gauze or a moist tea bag on the area of your extraction for 40 minutes.

IN CASE OF EMERGENCY, CALL OUR OFFICE AT **516.565.3435**