

## **Surgical Extraction Post-Op Instructions**

- No Brushing over surgical site(s).
- No Flossing (Water-Pik ONLY from tongue-side or inside on low)
- NO touching with finger or any other device or object.
- Do not lick surgical area.
- Do not use cotton swabs, cloth or any soft or hard object to clean area.
- Do not sleep with hands under the cheek where surgery was done.
- Rinse only with lips apart: Sloshing only.
- No chipmunk cheeks when you rinse.
- Do not play wind instruments for 3 weeks.
- Do not suck on straws.
- Do not blow balloons.
- No spitting.
- No smoking, chewing tobacco, cigar, pipe or recreational marijuana. Please consult doctor if you use marijuana for medical purposes.
- Ice over area at 10 minute intervals for the first 48 hours to minimize swelling.
- Do not eat crunchy or sticky food that can get stuck on or in between your teeth.
- **CALL DOCTOR IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING, OR HEAT FROM SURGICAL SITE.**

**Patrick T. Yoshikane D.D.S.**  
Batavia Woods Medical Center  
845 West La Veta Ave. Suite 103  
Orange, CA 92868  
Phone (714)516-1600