



Post Treatment Instructions

- Rest: No heavy exercise or physical exertion for 24 hours.
- Ice: Apply for 24-48 hours after the procedure. Apply for as long as you can tolerate, remove and then reapply. The longer you ice the better.
- Medication: Follow directions as indicated.

- Diet: Avoid hot food/beverage for 24 hours. Avoid crunchy/seedy food until further notice.
* Laser patients follow additional diet instructions.
- Rinsing: No rinsing/spitting/ drinking through a straw for 24 hours.
- Bleeding: Apply **moist** gauze to site and apply pressure for 5 minutes. Repeat if necessary. Slight bleeding is normal. If you experience excessive bleeding contact the office.
- Rinse with ½ glass of warm water with 1 teaspoon of salt after eating.
- Brushing: Do not brush the area that was treated until instructed to do so.
- If you need to contact the office after hours, call the office phone number and follow the instructions on how to proceed.