



**BRYAN T. MOORE, DDS, PA**  
— General Dentist Providing Oral Surgery Services —

6b of 7

214.529.5218 (cell)    bryan@bryanmooredds.com    www.bryanmooredds.com

**Top 10 Do's & Don'ts**

**DO's**

1. Do change the gauze every 30 minutes until bleeding slows. Gauze should only be needed for the first few hours.
2. Do eat ice cream after surgery for the remainder of the day (Frosty's from Wendy's are recommended and are Dr. Moore's favorite.) ☺
3. Do eat liquid/mushy food for 14 days (i.e., soups, smoothies, mashed potatoes, pudding, macaroni & cheese, yogurt, Ensure, Jell-O, milkshakes, etc.).
4. Do only eat foods that you can swallow without chewing.
5. Do use a spoon for eating.
6. Do expect your mouth to be numb for 6-12 hours after surgery.
7. Do eat 15 minutes prior to taking pain medicine.
8. Do expect pain and swelling to peak on the 2<sup>nd</sup> and 3<sup>rd</sup> days.
9. Do return to the dental office in five-to-seven days for post-op appointment.
10. **Do call Dr. Moore if things are not improving week-by-week (214.529.5218).**

**DON'Ts**

1. Don't use the gauze for more than a few hours after the surgery.
2. Don't sleep, eat, or drink with gauze in your mouth.
3. Don't leave the patient alone for the first 24 hours.
4. Don't chew while eating for 14 days.
5. Don't smoke, dip, or drink alcohol for seven full days.
6. Don't use a straw for eating or drinking for seven days.
7. Don't exercise hard for seven full days.
8. Don't blow your nose, or hold in a sneeze for seven days.
9. Don't miss or skip your post-op visit five-to-seven days after surgery.
10. **Don't hesitate to call Dr. Moore if things aren't improving week-by-week (214.529.5218)**

**\*\* BE SURE TO CHECK THE WEBSITE FOR ADDITIONAL INFORMATION \*\***

— [www.bryanmooredds.com](http://www.bryanmooredds.com) —