

## **Instructions Following Dressing or Suture Removal**

1. Fill the syringe with warm water.
2. In front of a mirror, pull your cheek out with a finger and point the tip of the syringe over the surgical site.
3. Flush out the area two or three times.
4. Repeat six to eight times a day. (After meals, between meals and before bed)
5. You must stay on a soft diet for at least one week, until the openings start to close over. Gradually resume a normal diet.
6. If you feel that there is food or foreign particles in the surgical site, call the office for an appointment.

PLEASE CALL THE OFFICE SHOULD YOU HAVE ANY  
QUESTIONS OR CONCERNS