

Instructions for the Care of Infections

1. Stay on a completely **SOFT** diet - **DO NOT CHEW** firm foods.
2. Have soft mashed potatoes, scrambled eggs, pancakes, over cooked pasta, soups and creamed cereals. Drink plenty of fluids.
3. Every 3 - 4 hours use a warm salt-water solution to soak the involved area.
 - 4 oz of warm water with 1/2 tsp. of salt.
 - Let solution soak around the involved area for 2 - 5 minutes.
 - Repeat at least 6 - 8 times a day.
4. Take your medications as prescribed.
5. Warm moist compresses are helpful in aiding drainage. Place over the affected area for 20-30 mins every 2-3 hours.
6. When sleeping or resting, keep your head elevated on 2 - 3 pillows. Do not lie down flat.
7. Try not to smoke for as long as possible, it can interfere with the healing process.
8. You may have a small drain placed in your mouth to temporarily drain infection from the area. If this is the case, you will need to return to the office to have the drain removed. Please contact the office should the position of the drain move or come out.