

## **POST OP SYRINGE INSTRUCTIONS**

The Monoject Syringe is to be used to irrigate and clean surgical sites on the **LOWER** jaw.

### **How to use the Monoject Syringe:**

- 1) Fill the syringe with lukewarm water or salt water (1 teaspoon of salt to 8 oz cup of water)
- 2) Get to a mirror that is well lit (like the bathroom). Retract your cheek outwards with your finger or the side of a toothbrush. You should see a wound open up behind the last tooth towards the cheek side.
- 3) Insert the syringe tip under the tissue flap slightly or directly over it.
- 4) Inject the water into the socket flushing the socket clean. (It may take more than one syringe full to have the water coming out clear.)
- 5) Repeat rinsing until the water is coming out clear without debris.
- 6) Use this after each meal (2-3 times/day) and before going to bed.
- 7) Use the syringe until the wound is closed. This can be 10 days to even 4-6 weeks. The wound cannot close if there is debris in the way.
- 8) The wound over time will get smaller. It heals from the bottom up and the outside in, so the last spot to close is the gum tissue behind the last tooth. When there is nothing more to irrigate, you're done using the syringe.

*It is important to keep these areas clean and not allow food to become trapped in the sockets. Debris can slow healing and cause a possible infection. Keeping the sockets clean, will help reduce the chance of an infection.*

*Avoid foods like nuts, sunflower seeds, popcorn, chips during the healing period. These type of foods can become lodged in the socket sites.*

*If there is any excess swelling, pain or problems that worsen after your post-operative visit, please contact the office and we will be happy to see you.*

408-286-1553 or 650-692-1530