

Preparing for Oral Surgery:

- You will most likely be required to eat a soft diet for a minimum of 7 days post-surgery. You can prepare by stocking up on foods like pasta, mashed potatoes, pudding, soup, and Slim-Fast shakes.
- Dr. Cosimi prefers to see all surgery patients 7-10 days after oral surgery for a post-op appointment. Please take this into consideration when scheduling your procedure(s). Please do not plan to travel for a week following surgery.
- If you take aspirin, stop taking it 5 days prior to surgery.
- Do not wear makeup such as foundation, powder, lipstick, or lip gloss to your surgery appointment. Wear comfortable clothes.
- Recovery time varies by procedure and from person to person. In the days following surgery, it is important that you eat a nutritional diet, get enough rest, and do not participate in physically strenuous activities.