

Instructions Following Oral Surgery

Bite on gauze for 1 hour then change every hour until bleeding has stopped. Do not use for more than 2 hours. Some blood in your saliva is normal for the first day following surgery. If heavy bleeding begins again bite on more gauze uninterrupted, until bleeding stops.

Apply ice or a cold pack as we have shown you, alternating 15 minutes on & 15 minutes off for at least 24 hours. This is very helpful in minimizing post operative swelling. Some swelling and minor bruising may occur regardless. Swelling peaks at about 48 hours and should go down steadily after that.

Take the medications we may have prescribed for you (if any) and follow the instructions carefully.

Avoid pressure changes in your mouth such as sucking hard on straws or spitting-this could disturb the early healing process. No hot liquids or food.

Keep fingers and tongue away from the operated area.

Avoid smoking and drinking alcoholic beverages.

Keep up your nutrition and use common sense. Liquids (soups, milkshakes etc.) the first day, then soft foods the next few days. Save the taco chips for next week. (Nothing with small particles or seeds).

Do NOT rinse your mouth on the first day! Starting on the second day, rinse your mouth gently with warm water. It is very important to rinse well after eating anything.

Avoid brushing the area of surgery for a few days but brush your other teeth as usual. As soon as you can without hurting the area, resume normal oral hygiene practice.

Sutures (stitches), if you have any, will dissolve within one week or you may be asked to come after 1 week for suture removal.