

# MyDentists Office

## INSTRUCTIONS FOLLOWING ORAL SURGERY

Bite on gauze for ½ an hour then change every ½ 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 frank bleeding begins again, bite on more gauze, uninterrupted, until bleeding stops.

Apply ice or a cold pack as we have shown you, alternating 15 min on, 15 min off for at least 2 hours.

This is very helpful in minimizing post operative swelling. Some swelling and minor bruising may occur regardless. Swelling peaks at about 48 hrs and should go down steadily after that.

Take the medications that we have prescribed for you and follow the directions carefully.

Avoid pressure changes in your mouth, such as sucking hard on straws – this could disturb the early healing process.

Keep fingers and tongue away from the operated area.

Avoid smoking and avoid drinking alcoholic beverages.

Keep up your nutrition and use commonsense. 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).

Rinse your mouth gently, several times a day, with warm salt water solutions (1tbsp salt per 6 oz warm water) to clean and aid in healing. 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 brush 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. Check with the CDA.

If you have any questions or concerns, please call the office immediately