



INSTRUCTIONS FOLLOWING YOUR ORAL SURGERY

1. Following surgery, you will be given a gauze pad to bite down on. This helps control bleeding. Please bite on this gauze and change it every 15-20 minutes until bleeding stops, which may take up to 4 Hour.
2. Keep fingers & tongue away from the operated area. Avoid rinsing, spitting, sucking through a straw or smoking for the next several hours. Do not engage in any vigorous exercise until the next day. Any of these may disturb the clot & cause the bleeding.
3. If you have any discomfort, take what you normally take for a headache every few hours. If necessary the doctor will prescribe stronger medication for you.
4. To control swelling you may wish to place an ice pack (or a bag of frozen peas) wrapped in a tea towel on your face intermittently for 20 minutes at a time.
5. Cold or lukewarm liquids may be taken for the first 4-6 hours. After this, any of the soft food is permissible. Please abstain from alcoholic beverages for 24 hours.
6. Starting tomorrow, rinse your mouth **gently** with warm salt water (½ tsp. in a Glass of warm water), or the prescribed mouth wash.
7. If you have sutures (or stitches) in place, follow dentist recommendations. Some DO NOT require an office visit for removal. They will self dissolve within about 14 days.
8. **REMEMBER**, that it is normal for the saliva to be blood-streaked for the first day. If you have any heavy bleeding, repeat the process of biting on a gauze pad **OR** use a damp teabag to bite on. The tannic acid in the tea helps clotting.
9. If you are having any post-surgery problems, do not hesitate to contact us..

P R I N T