



INSTRUCTIONS TO PATIENTS FOLLOWING ORAL SURGERY

- Bite on gauze for half an hour then change gauze every half hour for an hour and a half
- Keep fingers and tongue away from the operated area
- Do not rinse your mouth for the first 24 hours, although it is permissible to drink cold or lukewarm liquids. **Smoking should be avoided for 24 hours.**
- Starting tomorrow, rinse your mouth frequently with a solution of ½ tablespoon of salt in a glass of warm water. Continue the rinses for a few days.
- If you have any discomfort, take whatever you normally take for a headache every few hours. If necessary, the Doctor will prescribe stronger medication for you.
- Cold or lukewarm liquids may be taken for the first 4 - 6 hours. After this, any soft food is permissible. No hot liquids such as soup, tea or coffee in the first 24 hours. No carbonated liquids (coke, sprite or any soft drinks). **DO NOT DRINK THROUGH A STRAW.**
- It is normal for saliva to streak with blood for the day. If any heavy bleeding is present, fold the gauze and place it directly on the bleeding area. Maintain firm pressure by biting for 20 minutes. The gauze may be substituted by a wet tea bag. The acids in the tea have a clotting effect.
- Swelling and discoloration is to be expected, usually reaching its maximum two days after surgery. It will disappear gradually and is not cause for concern. If desired, ice packs may be applied for the first 4 - 6 hours only. Alternating 20 minutes on and then 20 minutes off.
- If sutures (stitches) are required, they will be removed without discomfort in approximately five to seven days. An appointment will be made for you.
- Do not hesitate to call the office if you have any questions.