



POST-OPERATIVE INSTRUCTIONS FOLLOWING ORAL SURGERY

Bleeding

A little bleeding is to be expected following the operation. If bleeding occurs, place a gauze pad directly over the bleeding site and apply biting pressure for 30 minutes. If bleeding continues, a moist tea bag can be used for 30 minutes. Avoid hot liquids, exercise, and elevate the head. If bleeding persists, call the office immediately.

Swelling

It is possible that swelling and bruising will occur in the area of the surgery. This will usually last a few days and is generally not serious. You may use ice packs on the face over the operated area for the first 24 hours only if necessary.

Pain

For most procedures, your usual pain medication of choice will be sufficient. This includes over-the-counter products such as Ibuprofen/Advil or Acetaminophen/Tylenol. Sometimes the doctor will prescribe a stronger medication, or an antibiotic. These should be used exactly as prescribed.

Hygiene

Do not rinse or spit for 24 hours following surgery. This is so a blood clot can form and allow healing to occur. Following 24 hours, you may rinse gently with salt water and brush your teeth, being careful around the surgical site.

General

Do not smoke following oral surgery. If stitches were used, they will usually start to dissolve after 3 to 5 days.

Occasionally surgery will take longer than expected to heal or may be more uncomfortable than expected. For any questions or concerns, do not hesitate to contact the office.

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