



## POST OPERATIVE INSTRUCTIONS FOR ORAL SURGERY

1. Bite firmly on gauze for ½ hour. Replace with new damp gauze if needed.
2. Keep fingers and tongue away from the surgical site.
3. The next day, rinse your mouth frequently with a solution of ½ teaspoon of salt in a glass of warm water. You may continue the rinses for a few days.
4. 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.
5. Diet-Cold or lukewarm liquids may be taken for the first 4-6 hours. It is important to drink plenty of fluids (avoid alcohol), and eat regular meals afterwards. Soft foods such as pudding, yogurt, and scrambled eggs may be the most comfortable to start with.
6. Bleeding-It is normal for the saliva to be streaked with blood for a day. If bleeding persists, place a damp tea bag directly over the area and maintain firm pressure for 20 minutes. The tannic acid in tea has a clotting effect.
7. Wound Care- For the next 12 hours, DO NOT SMOKE, as it promotes infection, and interferes with the healing process. DO NOT SPIT or suck through a straw. This promotes bleeding.
8. Swelling and Discolouration- Swelling after surgery is a normal body reaction, reaching its maximum two days after surgery. It will disappear gradually and is no cause for concern. To help control the swelling apply ice pads over the area for the first 4-6 hours only, alternating 20 minutes on, 20 minutes off.
9. Discomfort- Some discomfort is normal after surgery, but can be controlled by taking whatever you normally take for a headache, every few hours. If necessary, the doctor will prescribe stronger medication for you.
10. Sutures (stitches)-Dissolving sutures may have been used, and usually take 4-6 days to dissolve.

**If you have any problems or questions please call the office at 905.857.2155**