

ORAL SURGERY INSTRUCTIONS

1. Bite on gauze with moderate pressure 30 minutes following surgery. Repeat with additional gauze if bleeding continues. Do not spit or rinse much for at least 8 hours.
2. Avoid strenuous work or exercise. We need good clot formation for good bone healing.
3. No smoking for 24 hours, this could cause infection.
4. High protein diet with high intake of vitamin C is recommended. A liquid or soft diet is recommended the first 24 hours. (ie: soup, milk, shakes, Metracal, Sego, or Instant Breakfast.) DO NOT DRINK THRU A STRAW FOR 72 HOURS AFTER SURGERY!
5. Place ice pack (ice in wash cloth) over site of surgery, for 10 minutes on and 15 minutes off for 5 hours following surgery.
6. 24 hours after surgery, start rinsing the mouth, swishing gently with 1/2 teaspoon of salt in a glass of warm water.
7. If stitches are present you will be appointed for removal at a desired time following surgery. Some may be lost prior to removal. Do not try to remove your own sutures.
8. Prescriptions are medications prescribed for prevention of infection and to provide comfort. MODERATE PAIN can be controlled with aspirin and your usual headache tablets 1 hour following surgery. For SEVERE PAIN, use the prescription tablets as directed.
9. Your mouth should be kept clean. Start brushing all other teeth in your mouth the next day.
10. Some bleeding will continue and some will be found in the saliva. This is normal.

IF YOU HAVE SEVERE PAIN OR BLEEDING, PLEASE CALL OUR OFFICE!