



## Oral Surgery Post-Op Instructions

- **Bleeding**  
Some bleeding is normal after any extraction. Bite on damp gauze pad for 30 minutes. Change gauze after the initial 30 minutes if the bleeding has not stopped. Repeat as necessary.
- **Pain**  
Some discomfort may be expected following oral surgical procedures. For discomfort use any non-aspirin (Tylenol/Advil) type of medication, or pain medicine as prescribed by the doctor.
- **Mouthwash/hygiene**  
DO NOT RINSE MOUTH OUT TODAY. Tomorrow rinse mouth every 3-4 hours using a warm salt-water rinse. Dilute one (1) teaspoon of salt into a glass of warm water. It is recommended to use a soft toothbrush with caution around the surgery site for the first week after surgery.
- **Swelling/bruising**  
Some swelling may be noticed in the first few days following surgery. Apply an ice pack for 20 minutes to the area. Remove for 20 minutes, then re-apply. Any bruising should be resolved in 7-14 days.
- **Eating/smoking**  
Soft foods or liquids are recommended for the first 24 hours. Avoid very hot, very cold, or spicy foods. DO NOT DRINK THROUGH A STRAW OR SMOKE FOR THE FIRST 72 HOURS. These actions can cause a dry socket in the surgery site. This can be very painful and will require treatment by the doctor. Advance diet as tolerable.
- **Follow-up**  
Return to the office for a follow up visit if required.

**Thank you and if you have any troubles call us at 867-5511.**