

Post-Operative Instructions for Oral Surgery

After today's oral surgery appointment it is normal to experience some soreness for a day or two following treatment. This may be due to a previous condition in your mouth or gums or as a result of dental procedures. The following is a list of post-operative instructions.

1. Remove the gauze pack in ½ an hour provided it is not done in the office.
2. Do NOT brush your teeth or use mouth rinse for 8 hours.
3. If you begin to swell apply ice to the area as soon as possible. Continue to apply ice for up to 12 hours after treatment.
4. After 24 hours heat should be applied. Moist heat is most effective.
5. Avoid physical exertion or exercise.
6. Follow all instructions carefully when taking any medication. Call our office immediately if you develop a rash, vomit, faint or develop a temperature of 102 F or higher.
7. Limit your diet to a soft liquid diet for the first 24 hours. Do not drink alcoholic beverages. Avoid smoking.
8. Some bleeding is common. Bleeding is best controlled by applying pressure on the surgical site. Bite on a moist piece of gauze or tea bag placed directly over the surgical site for a minimum of ½ an hour.
9. After 24 hours rinse with warm salt water 3 to 4 times daily. (8 ounces of water + 1 teaspoon of salt)
10. Keep your mouth clean by lightly brushing after 8 hours.

Please call New Baltimore Family Dentistry at (586) 949-3384 if you have any other questions or concerns. Thank You.