

PATIENT INSTRUCTIONS AFTER ORAL SURGERY

- * Place cold towels or an ice bag to your face for the first 6-8 hours. Apply for 15 minutes, then remove for 15 minutes and repeat.
- * Do not rinse mouth until the following day.
- * On the morning following surgery, rinse mouth with warm salt water (1/2 teaspoon to a glass of warm water). Repeat this several times daily.
- * Keep fingers and tongue away from socket.
- * BLEEDING - it is normal for saliva to be slightly streaked with blood for 1-2 days. If abnormal bleeding occurs, place moist gauze over extraction site and bite down for 30-45 minutes.
- * Following dental surgery it is normal to experience some discomfort. If medication has been prescribed, take as instructed.
- * SWELLING AND STIFFNESS - it is normal and should not cause alarm. Apply cold towels or an ice bag for 15 minutes of each hour as needed.
- * DIET - A liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids.
- * ABSOUTELY no smoking or drinking through a straw for at least 24 hours following surgery.
- * Return to the office if undue symptoms develop.