



INSTRUCTIONS FOLLOWING MINOR ORAL SURGERY

The following instructions have been compiled to assist you in the post-operative period. If you follow these guidelines, your recovery will be made more comfortable.

1. Keep fingers (and your tongue) away from tooth socket or surgery site.
2. **Swelling:** Swelling of the face and sometimes bruising of the skin is normal in certain cases. An ice bag applied to the area (20 minutes on and 20 minutes off) for the first 24 hours will keep the swelling to a minimum. Maximum swelling usually occurs within 48-72 hours after surgery. Swelling can persist for 7 to 10 days. If the swelling resolves but then returns, you should contact our office.
3. After 3 days you may wish to apply moist heat to the area to help promote blood flow and release tension and tightness in the muscles close to the surgery site.
4. Eat a light **diet** consisting of soft foods only for the first 2 days (e.g. yogurt, soup, Jell-o, meal replacement drinks) and then progress to a more normal diet. Avoid hot foods and do not use straws for the first day as this tends to cause bleeding and can dislodge the blood clot. Drink plenty of fluids.
5. **Rest** for the remainder of the day, keeping your head slightly elevated.
6. Refrain from **smoking** for at least 72 hours as you risk bleeding, delayed healing and/or infection.
7. **Bleeding:** It is normal for the saliva to be lightly streaked with blood for about 1 day. If there is active bleeding, fold gauze moistened with water into a firm thick pad and place directly onto the socket or against the surgery site and maintain firm biting pressure for 30 minutes or longer. The less frequently the gauze is changed the better. Do not spit on the day of surgery as this promotes bleeding. Do not chew the gauze. A tea bag moistened in warm water may be substituted for the gauze pad.
8. Providing there is no bleeding, begin careful **oral hygiene** on the day following surgery. Brush your teeth using a soft toothbrush and toothpaste as normal. However, avoid brushing at the surgical site for the first 2-3 days, then brush gently as the area heals.
9. Do not vigorously rinse your mouth for 24 hours. Gentle **mouth rinsing** only (warm water with 1 teaspoon of salt) may begin after 24 hours.
10. **Pain:** For simple types of surgery ibuprofen (i.e. Advil) or acetaminophen (i.e. Tylenol) may be used as necessary to relieve the pain. If necessary, the dentist may have prescribed pain medication and/or antibiotics. Please carefully follow the instructions for taking this medication as listed on the bottle.
11. **Stitches:** Dissolving stitches may have been used during the procedure. It is normal for these to begin to fall out or dissolve after 4-10 days. No removal appointment is necessary.
12. If you have any questions or concerns, please do not hesitate to contact our office at **(506) 855-4400** and we will be pleased to help you.
13. **Emergencies:** If you cannot wait for a return call please go directly to the nearest emergency department.