



Oral Surgery Aftercare Instructions

- You may change the gauze pad at home, if needed, leaving them in for 30 minutes. If bleeding persists, feel free to change gauze more frequently
- It is normal to have minimal bleeding for up to 24 hours
- Take care not to bite your lip, cheeks, and tongue because they will feel numb for the next few hours
- If needed, feel free to take Ibuprofen (eg. Advil, Motrin) for any discomfort
- Chew on the opposite side of the extraction site. You should have soft foods (eg. Ice cream, pudding, jello, yogurt, soup(lukewarm), mashed potatoes) on the day of surgery and the day following surgery.
- Do not smoke for at least 3 days following surgery. The longer you avoid smoking, the better your healing will progress
- Avoid alcohol for at least 24 hours, as this can encourage bleeding and delay healing.
- Avoid all brushing, rinsing or spitting the day of the surgery. The day after surgery you may brush your teeth but avoid brushing near the surgical site(s) for 3 days. Rinse with ½ cup warm water and a pinch of salt beginning 3 days after surgery
- Do not use a straw for 3 days following surgery
- Activities after surgery should be couch or bed rest for the first day. Exercise should be avoided for 3-4 days following surgery
- Swelling is a normal occurrence after surgery and will not reach its maximum until 2-3 days after surgery. It can be minimized by using a cold pack, ice bag or a bag of frozen peas wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 24 hours after surgery.

If you have any questions or concerns, feel free to give us a call at:

(780)540-5266