



ASSOCIATED DENTISTS

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Oral Surgery Home Care Instructions

Bleeding

Oozing and minor bleeding is normal after oral surgery. Bite on slightly damp gauze for half an hour. If the bleeding does not subside use a fresh gauze pad for an additional 45 minutes. Repeat as necessary.

Pain

Some discomfort may be experienced after oral surgery. Take the medication we have recommended as directed to relieve the pain.

Cleansing

Do not rinse your mouth today. Starting tomorrow, gently swish with salt water (1 teaspoon of salt in 1 cup of warm water) after meals to cleanse the affected areas.

Swelling

Some swelling or bruising may occur. This is a normal reaction after oral surgery. Apply an ice pack to the affected area for ten minutes. Remove for ten minutes. Repeat for 1 hour.

Eating

To aid the healing process, it is important to obtain adequate nutrition and calories. If chewing is difficult, try blended, smooth, and creamy foods such as eggs, soup, and smoothies. Avoid extremely hot, cold, spicy, and acidic foods.

Sutures

Resorbable sutures will begin to unravel and dissolve after about 3 days. Non-resorbable sutures will need to be removed in 1-2 weeks.

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