

INSTRUCTIONS TO PATIENTS FOLLOWING ORAL SURGERY

1. Bite on gauze for 30 minutes.
2. Keep fingers and tongue away from the operated area.
3. Do not rinse your mouth for 24 hours, although it is permissible to drink cool or lukewarm liquids. Smoking should be avoided for 24 hours.
4. Starting tomorrow, rinse your mouth frequently with a solution of ½ teaspoon of salt in a glass of warm water. Continue the rinses for a few days.
5. If discomfort persists please contact the doctor.
6. **Diet** - Cold or lukewarm liquids may be taken for the first 4-6 hours. After this, only soft food is permissible.
7. **Bleeding** - It is normal for saliva to be streaked with blood for a day. If frank bleeding is present, fold sterile gauze into a firm wad and place it directly on the bleeding area. Maintain firm pressure by biting for 20 minutes. The gauze may be substituted by a warm, soaked tea bag. The tannic acid in tea has a clotting effect.
8. **Swelling and Discolouration** - is to be expected in certain areas, usually reaching its maximum two days after surgery. It will disappear gradually and is no cause for concern. If desired, ice pads may be applied for the first 4-6 hours only, alternating for 20 minutes on, 20 minutes off.
9. **Sutures (Stitches)** - If required, are removed without discomfort in about 5 days. An appointment will be made for you.
10. Do not hesitate to call the office if in doubt.