

Oral surgical procedures are similar to other types of surgery. By following these instructions you will speed your recovery. Read and follow these instructions carefully.

1. A certain amount of bleeding, pain, and swelling is **NORMAL**.
2. After surgery, reduce your activity as much as possible. Avoid excessive eating, drinking, and unnecessary talking. Avoid rinsing and spitting for the first 24 hours. These activities may prevent the formation of a blood clot which is necessary for normal healing to occur.
3. **Healing**: Do not disturb the wound by touching it with fingers, toothpicks or tongue. Bleeding and infection could result.
4. **Bleeding**: Some bleeding is normal. If it becomes excessive, place a rolled sterile gauze pad over the wound and keep it in place for 30 MINUTES. If bleeding persists, place a dry tea bag over the wound for 15 MINUTES. If bleeding still persists, please call our office at 575-9097.
5. **Diet**: Avoid food or liquids for the first few hours. This allows the blood clot to form. After that, a soft diet should be followed for the first 24 hours. Avoid hot, spicy food until the wound has healed.
6. **Mouthrinsing & Brushing**: Avoid brushing or rinsing the surgical site for 24 hours. To allow the wound to heal quicker, **after the first 24 hours**, rinse with a teaspoon of salt dissolved in a glass of room temperature water.
7. **Pain**: Use the prescribed or recommended medication according to directions.
8. **Swelling**: To minimize swelling, apply ice over affected area. Apply 20 minutes on, 20 minutes off, for the first 4-6 hours following the procedure.
9. **Smoking: Avoid smoking for the first 48-72 hours.**