



POST OPERATIVE INSTRUCTIONS FOR ORAL SURGERY

Some discomfort, soreness, bleeding and swelling can be expected after any oral surgical operation. To minimize these problems and speed healing, you should follow these suggestions as closely as possible.

1. Your dentist has placed gauze sponges over the surgical area and has asked you to bite down on them. After **one hour** the gauze may be changed. New gauze should be placed if more than **slight** bleeding continues. In some circumstances, bleeding may continue for several hours.
2. **Do not** participate in strenuous exercise for the next **three (3) days**.
3. Eat soft, cold foods. Stay away from spicy, acidic and hot foods today.
4. **DO NOT** smoke, or drink any alcoholic beverages. Also, **DO NOT** drink through a straw for **24 to 48 hours**.
5. Maintain a soft diet for one week after surgery, but do not chew in the area of surgery for at least **two weeks**.
6. Take Ibuprofen or Acetaminophen as directed by your dentist.
7. It is sometimes necessary to place sutures to control bleeding or speed healing. *These* will be removed as soon as healing has reached a satisfactory level, usually **one week**.
8. Do not neglect to brush your remaining teeth or to keep your mouth as clean as possible while you are healing. Do not brush on the day of surgery and avoid brushing the area of surgery for **one week**.
9. Rinse with warm salt water beginning the day after surgery.
10. If any unusual problems arise, please call the office at (603)287-1300 during regular office hours. After hours, please contact your local Emergency Room.

Office Hours: Tue: 10am-7pm Wed: 9am-6pm Thurs: 9am-6pm Fri: 9am-5pm