



Instructions Following Oral Surgery

**Do not hesitate to call the office if you have any questions.
(701) 280-1941**

- Close and keep pressure on gauze pack for 1 hour. If heavy bleeding persists, fold the 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 wet tea bag. The acids in the tea have a clotting effect. It is normal for saliva to have light streaks of blood for a day.
- Keep fingers and tongue away from the operated area.
- While your mouth is numb, be careful not to bite your cheek, lip or tongue. The numbness should subside within a few hours (call if it does not).
- Limit strenuous activity for 24 hours after the surgery.
- Do not rinse your mouth for the first 24 hours, although it is permissible to drink cold or lukewarm liquids.
- Smoking should be avoided for 24 hours.
- After 24 hours, rinse your mouth gently with a solution of tablespoon of salt in a glass of warm water. Continue the rinses for a few days.
- Cold or lukewarm liquids may be taken for the first 4-6 hours. After this, maintain a healthy diet of soft food for a day. No hot liquids such as soup, tea, or coffee in the first 24 hours. No carbonated liquids (coke, sprite or any soft drinks).
Do not drink through a straw.
- Swelling and discoloration may be expected in the area, usually reaching its maximum, two days after surgery. It will disappear gradually and is no cause for concern.
- Icepacks may be applied for the first 4-6 hours only by alternating 20 minutes on and then 20 minutes off.
- If you have any discomfort, take whatever you normally take for a headache every few hours. If necessary, the doctor will prescribe stronger medication for you.
- Sutures (stitches) if required are self-dissolving. They will loosen and fall out in 3-5 days.
- Continue to brush thoroughly twice a day and floss daily. The tongue should also be brushed. Following an extraction, avoid cleaning the teeth next to the healing tooth socket.
- If pain begins to intensify after days of initial improvement, you may have a dry socket. Call the office to see if a dressing needs to be placed.