



## **SURGICAL POST-OPERATIVE INSTRUCTIONS**

1. Swelling is normal and need not cause alarm. To minimize swelling, apply an ice bag or a towel filled with cracked ice; over the affected area on and off every 10 minutes, today only. After 24 hours, use moist heat such as a warm wash cloth over the affected area. Bruising may also occur with the swelling and may last 10-14 days.
2. Eat and drink on the opposite side of the mouth for 24 hours, and stay with foods of soft consistency.
3. Do not rinse or wash your mouth today. Tomorrow, rinse every 3 hours with a solution consisting of ½ teaspoon of salt dissolved in a glass (8 oz) of warm water.
4. Keep the area clean. Brush *gently* and carefully in the surgical area. Brush gently downward for upper teeth and upward for lower teeth. Do not floss the affected area for 3 to 4 days. You may swab the area with a Q-tip moistened with a solution of ½ water and ½ hydrogen peroxide daily.
5. Sutures have been placed. They are the type that:
  - Will dissolve (resorbable)
  - Will not dissolve (non-resorbable) If your sutures are non-resorbable, an appointment will be scheduled for suture removal.
6. Mild to moderate pain may be experienced after the anesthetic wears off. You may be given prescriptions for pain medication and /or an antibiotic. Take these as directed.
7. In case of extreme pain, uncontrolled bleeding, or any unusual problems, please telephone this office immediately.

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