

## WHAT TO EXPECT AFTER ORAL SURGERY

**Swelling:** This is normal following a surgical procedure in the mouth. It should reach its maximum in 24-48 hours and diminish by the fourth post-operative day.

**Discomfort:** The most discomfort that you will experience will be during the period when the sensation returns to your mouth.

**Hemorrhage:** Slight bleeding or "oozing" for the first 12-24 hours is to be expected.

### DO'S AND DON'TS

**Bleeding:** Bite on the sponges that we placed in your mouth for a minimum of one hour, (three to four hours is recommended). If bleeding is more than slight, use gauze to remove all excess blood clot, place dampened gauze over the bleeding area only and hold this pack in place for twenty minutes, so that no blood escapes. Repeat this procedure as necessary. Call the Doctor if the bleeding persists.

**Swelling:** The swelling that is normally expected is usually in proportion to the surgery involved. This swelling may be minimized by the use of ice or cold packs. Apply ice to the side of the face over the operated site. Place pack on face for fifteen minutes and then remove for fifteen minutes. Continue this procedure for a few hours. Prolonged use of ice is of no value.

**Diet:** After waiting one hour, one should be able to take fluids by mouth. A liquid or soft diet may be necessary for the first two days. This could include soups, soft drinks, hot cereals, eggs, pureed meats, cottage cheese, yogurt, etc.

**Medications:** Take all medications that have been prescribed, as directed. **This is essential.** Medications are prescribed primarily to control pain and to prevent infection.

**Mouth Rinse:** Do not rinse the mouth for 24 hours after surgery. After 24 hours, rinsing the mouth with warm salt water, (1/4 teaspoon salt to 8 ounce of water), following meals is advisable. This will speed healing by maintaining a clean wound. Tooth brushing is also recommended if you are careful to avoid the wounds.