



Legacy Oral Surgery & Dental Implant Center

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Care of the Mouth Following Surgery

Bleeding

The surgical site may continue to bleed or ooze slightly over the next 24-48 hours. If bleeding is severe, fold over two pieces of gauze twice, or one to two, cold wet tea bag(s), and place over the surgical site and/or between the adjacent teeth and bite down firmly for at least 45 minutes. It is very important that the gauze be placed exactly over the surgical site before biting down. Avoid frequent packing changes, spitting, or rinsing. If severe bleeding persists despite these measures call the office. Avoid straws for 3 days.

Swelling

After oral and facial surgery, swelling is to be expected. To minimize swelling, apply ice to your face 20 minutes on and 20 minutes off for 48-72 hours, for at least 3-4 hours a day. Swelling usually peaks at 2-3 days, after which application of heat with a warm pack or a warm moist cloth will enhance resolution of any swelling.

Pain

Take your prescription pain medication or OTC medication as soon as you get home with liquid or food and stay on prescribed schedule to stay ahead of the pain. If necessary, it would be okay to take Motrin and Tylenol at the same time or stagger these medications every three hours

Diet

Fluids are encouraged as soon as tolerated but avoid any hot liquids or foods until all numbness has resolved. If you can easily cut the food with a plastic fork, you can eat it right away but try to keep the food away from the stitches or surgical sites. Keep your diet soft for approximately one week and advance as tolerated. Avoid using straws for two days.

Oral Hygiene

Do not rinse your mouth or spit on the day of surgery, this can disturb blood clots. The following morning, you can brush the unaffected areas as usual and gently rinse your mouth with half strength OTC mouth wash every 4-6 hours. You can substitute with warm salt water (1 tsp to 8 oz of warm water). If you were given a prescription mouth wash use it full strength as prescribed.

Prescriptions

If you were prescribed any medications, take as prescribed.

Smoking

Avoid smoking for 7 days as it can have adverse consequences to your healing. Complete abstinence gives the best chance of successful healing.

Sutures

Your sutures will fall out on their own unless otherwise specified by your surgeon.

☐ Dissolving

Biopsy Procedure

☐ Return for suture removal

If you had a biopsy, please call the office for biopsy results if you have not heard from us in one week.

In case of emergency or if you have any questions concerning your progress, call the office at 508-586-5445.