



1650 Lasalle Blvd.
Sudbury, ON
P3A 2A1

Post-Op Instructions

Swelling, discomfort, stiffness and a small amount of bleeding following oral surgery is normal and expected. By following these instructions, all of these can be kept to a minimum.

1. Avoid smoking for at least 48 hours post-op.
2. Avoid hot liquids or hot foods for 24 hours post-op.
3. Avoid using a drinking straw for 24 hours post-op.
4. Do not rinse your mouth or brush your teeth until the day after surgery.
5. Do not touch the area where the work was done with your tongue or fingers.
6. For the first day or two, limit your diet to soft foods. These may be warm or cold, but NOT hot.
7. Starting the day after surgery, start brushing and rinsing your mouth. Be gentle but thorough. Cleanliness is essential to proper healing. To rinse your mouth, we recommend: $\frac{1}{2}$ teaspoon of salt into 1 cup of water, four times daily.
8. Should bleeding occur, apply firm pressure with the cotton bandage you have been given, for approximately 15 minutes and repeat as needed. If bleeding is excessive or prolonged, call the office.
9. Take your medications only as prescribed. Should the medication be inadequate, call the office.
10. Place ice packs to the area for 20 minutes and then remove for 20 minutes. Repeat for 2 hours.