

## INSTRUCTIONS TO PATIENTS FOLLOWING ORAL SURGERY

Dr. Andrea Greff & Dr. Jason Keller

1. Bite on gauze for ½ hour.
2. Keep fingers and tongue away from the operated area.
3. Do not rinse your mouth for 24 hours, although it is permissible to drink cool or lukewarm liquids. Do not use a straw.
4. Smoking should be avoided for 24 hours.
5. Starting tomorrow, rinse your mouth frequently with a solution of ½ teaspoon of salt in a glass of warm water. Continue the rinses for a few days.
6. If significant discomfort persists, please call the office.
7. Diet – Cold or lukewarm liquids may be taken for the first 4-6 hours. After this any soft food is permissible. Avoid hard and crumbly food. (i.e. nuts).
8. Bleeding- it is normal for the saliva to be streaked with blood for a day. If pronounced bleeding is present, fold sterile 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 warm, soaked tea bag. The tannic acid in tea has a clotting effect.
9. Swelling and Discoloration – is to be expected in certain areas, usually reaching its maximum two days after surgery. It will disappear gradually and is no cause for concern. If desired, ice packs may be applied for the first 4-6 hours only, altering for 20 minutes on, 20 minutes off.
10. Sutures (stitches) – If required are removed without discomfort in about 5 days. An appointment will be made for you.
11. Please call our office if in doubt (519) 326-1323.