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## Oral Surgery Post-Op Instructions

- **Avoid strenuous exercise or activity to reduce bleeding.**
- **Do not bite or chew numb areas of the tongue, cheeks, or lips.**

### For at Least 24 hours:

- **NO Smoking**
- **NO Alcohol**
- **NO chewing in the area**
- **NO spitting or sucking (straws)**
- **NO commercial mouth washes (e.g. Listerine)**
- **NO rinsing in the mouth**
- **NO drinking hot liquids.**
- **No carbonated beverages**

### Bleeding:

Maintain firm pressure on the gauze placed in your mouth for a half hour. Some oozing of blood may continue for a short time after surgery. However, if there is more than just oozing, the following procedure can be used:

With a clean gauze pad, gently wipe the blood from the wound. Place another clean, damp, folded gauze pad on the bleeding area. Maintain the pressure for 1/2 hour, and repeat if necessary. There may be slight bleeding for the first 24 hrs after surgery.

If extreme bleeding persists, call our office immediately at (314) 862-7844.

### Rinsing the Mouth:

The blood clot should be given time to form and should not be disturbed. **DO NOT** rinse your mouth the day of the surgery. To improve healing after the first day, Rinse your mouth with 1/2 teaspoon of salt mixed in a glass of warm water 3x daily.

### Swelling and Discomfort:

An ice pack may be used to reduce swelling. Some degree of pain and swelling is normal for 3 to 4 days. If you have been given a prescription, have it promptly filled and take as directed.

**DO NOT** drive, operate machinery, or engage in activities after taking pain medications due to altered perception and drowsiness. Pain should be greatly reduced within 36 hours. Contact our office if pain intensified after 4 days.

### Eating:

Soft nutritious foods may be eaten without disturbing the clot. Drink large amounts of liquids (water, milk, juice, or iced tea). Maintain a soft food diet for at least three days. Hard foods may disturb the healing of the extraction site.

### Sutures:

Any stitches will dissolve or be removed in 7 to 10 days. Call the office for follow up appointment.