



6405 Stage Road
Bartlett, TN 38134
901.386.3702

CARE INSTRUCTIONS AFTER ORAL SURGERY

GAUZE: To prevent bleeding, leave gauze in for at least an hour, keeping continuous, firm pressure on the area, but do not chew on it.

RINSING: DO NOT RINSE WITH ANYTHING TODAY. In 24 hours, gently rinse with salt water.

BRUSHING: Brush your teeth as normal in unaffected areas. Resume gentle brushing in the affected areas after a couple of days.

FOOD:

- Drink only liquids until feeling returns to the area.
- A soft diet is suggested for a few days after surgery.
- **DO NOT USE A STRAW FOR 7 DAYS.**
- **DO NOT SPIT.**

SMOKING: Do not smoke for 7 days after surgery.

ACTIVITY: Limit physical activity for 24 hours (running, swimming, jumping, lifting, straining, etc).

PAIN:

- If given a pain prescription, take one of the pain pills prescribed ASAP.
- Ice bags can be applied (30 minutes on and 10 minutes off, while awake).

ANTIBIOTICS: If prescribed, take all antibiotics that are given as instructed.

BLEEDING:

- Some bleeding/oozing is expected after oral surgery.
- If bleeding continues for over 2 hours, bite on a tea bag firmly for 45 minutes. Place an ice bag over the face in this area, remaining quiet and lying with head elevated or sit up.
- If bleeding cannot be stopped, call our office number.

QUESTIONS: If you have any questions or concerns, please call us!