Division of Oral and Maxillofacial Surgery

Post-Operative Instructions Following Minor Oral Surgery

1. **Bite on gauze pad for one-half hour, then discard.** Repeat if bleeding has not stopped. It is not unusual to see some blood in the saliva for the first 48 hours.

2. **DO NOT RINSE YOUR MOUTH TODAY.** Tomorrow you may begin gently rinse your mouth every 3 to 4 hours (especially after meals), using one-quarter teaspoon of salt in a glass of warm water. Continue to rinse for several days. **DO NOT SMOKE, SPIT OR USE A STRAW FOR 48 HOURS FOLLOWING SURGERY.**

3. **Diet:** for the first day, a cool, clear liquid diet is recommended. You may return to a soft diet as tolerated on the second postoperative day, then progressively return to a more normal diet.

4. **Cold packs:** An ice bag, or chopped ice in a plastic bag, wrapped in a towel, should be applied to the operative area for one-half hour on and one half-hour off, for the first two post-operative days.

5. **Pain:** Take 2 extra strength Tylenol or any other aspirin free over the counter medication according to directions, at the onset of pain. Repeat as needed according to package directions. If you have been given a prescription for pain and/or antibiotics, take them as directed. When taking pain medication avoid any use of alcohol, do not drive or operative machinery.

6. **Swelling and/or Bruising:** You may experience a variable amount of swelling and difficulty with opening you mouth and/or discoloration of your face. This usually takes 5-6 days to resolve. If this swelling seems to be increasing after the 2nd or 3rd day, call or come into the clinic for immediate attention.

7. **Bleeding:** Following the removal of teeth, some bleeding is to be expected. If bleeding persists, place folded gauze pad, or a slightly moistened teabag over the bleeding area and bite down firmly for one-half hour. You may repeat this if necessary.

8. **It is wise to limit your physical activities for the first 24-72 hours following surgery.** Excessive exertion of any type should be avoided for the first day. **DO NOT OPERATE A MOTOR VEHICLE OR WORK WITH MACHINERY TODAY, OR IF YOU ARE TAKING PRESCRIPTION PAIN MEDICATION.**

9. **If you have any questions about your progress during business hours,** please call our office at 617-638-4350, extension 1. After normal business hours or on weekends, call the page operator at Beth Israel Deaconess Medical Center at 617-667-7000 and have them page the on call Oral & Maxillofacial Surgery resident.