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## Instructions to Patients Following Oral Surgery

1. Bite on gauze for ½ hour.
2. Keep fingers and tongue away from the area of the surgery.
3. Smoking or the use of tobacco products should be avoided for 48 hours.
4. Do not rinse your mouth for 24 hours.
5. For the first 4-6 hours following surgery only cool or lukewarm liquids may be taken. After this any soft food is permissible.
6. Bleeding- It is normal for the saliva to be streaked for a day. If frank bleeding is present, fold gauze into a wad, moisten and place it directly on the bleeding area. Maintain firm pressure by biting for 20 minutes. A substitute to the gauze is a warm, soaked teabag; the tannic acid in tea has a clotting effect.
7. Wait 24 hours before starting rinses. Following this time frequent rinses with a solution of ½ teaspoon of table salt in a glass of warm water may be done and continued for a few days following surgery.
8. Sutures (stitches) – There two types of sutures that may be placed. One type will dissolve on its own in 5-7 days, the other will require an appointment to have them easily removed, without discomfort 7 days following the surgery. An appointment to have them removed will be made for you if necessary.
9. Swelling & Discoloration – This is to be expected in certain areas, usually reaching its maximum two days after the surgery. If desired, ice pads may be applied for the first 4-6 hours only; alternating for 20 minutes on, 20 minutes off.
10. If in doubt or if discomfort persists please do not hesitate to contact the office.