

CARE OF MOUTH AFTER ORAL SURGERY

- ?? **Bleeding** - Keep the gauze in your mouth for two hours after leaving the office. There will be a small amount of blood in your mouth for the first 24 hours after your surgery. Therefore gauze will “spot” with blood if you keep putting gauze in and out of your mouth.
- IF you look into your mouth and see active oozing of blood, take a fresh gauze or a large tea bag. Moisten it and place it directly over the bleeding area. Keep firm pressure on the area for two hours. If you continue to have active bleeding, call our office. **THE NUMBER ONE REASON BLEEDING OCCURS IS BECAUSE THE GAUZE IS PLACED BETWEEN THE TEETH RATHER THAN OVER THE SURGICAL SITE. BE SURE THE GAUZE IS OVER THE SURGICAL SITE.**
- ?? **Swelling** - Keep your head and shoulders elevated for three days after your surgery. This will reduce swelling, bleeding, bruising and soreness. If you lay down flat, **YOU WILL HAVE MORE SWELLING.** Normal swelling is soft slightly tender. You may apply a cold compress if you wish. **DO NOT** apply heat to your face.
- ?? **Food** - If you have had general anesthesia, you may drink clear liquids after two hours. If the clear liquids **DO NOT** upset your stomach, you may eat soft foods such as soup, Jell-O, pudding, mashed potatoes or any food prepared in a blender. You should try to go back to a soft diet as soon as possible. **DO NOT** use a straw for 24 hours.
- ?? **Pain** - After you are sure that you can keep food down, you should take your pain medication. **DO NOT** take the pain medication on an empty stomach.
- ?? **Driving** - **DO NOT DRIVE** until the day after your procedure if you have had general anesthesia. You should avoid driving while taking any narcotic pain medication.
- ?? **Smoking** - **DO NOT** smoke or use smokeless tobacco for 48 hours
- ?? **See escort instructions on the back of this page**