

Instructions to Patients Following Oral Surgery

1. Bite on gauze for 2-4 hours.
2. Keep fingers and tongue away from the operated areas.
3. Do not rinse your mouth for 24 hours, although it is permissible to drink cool or lukewarm liquids. Avoid spitting. Smoking should be avoided for 12 hours.
4. Starting tomorrow, rinse your mouth frequently with a solution of 1/2 teaspoon of salt in a glass of warm water. Continue the rinses for a few days.
5. If you have any discomfort, take whatever you normally take for a headache, every few hours. If necessary, the doctor will prescribe stronger medication for you.
6. Diet - Cold or lukewarm liquids may be taken for the first 4-6 hours. After this any soft food is permissible.
7. Bleeding - It is normal for the saliva to be streaked with blood for a day. If bleeding is present, fold gauze into a firm wad and place it directly on the bleeding area. Maintain firm pressure by biting for 20 minutes. The gauze may be substituted by a warm, soaked tea bag. The tannic acid in tea has a clotting effect.
8. If bleeding persists, please contact Dr. Johal without hesitation.
9. Swelling and Discoloration - is to be expected in certain areas, usually reaching its maximum two days after surgery. It will disappear gradually and is no cause for concern. If desired, ice pads may be applied for the first 4-6 hours only, alternating 20 minutes on, 20 minutes off.
10. Sutures (stitches) - If required, they will dissolve in about 5-7 days. Please avoid touching the stitches.
11. Do not hesitate to call the office if in doubt.