



McDonald & Middleton  
DENTAL

YOUR NEIGHBORHOOD DENTISTS

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## Oral Surgery Helpful Home Care Instructions

### Bleeding

Oozing and minor bleeding is normal after this procedure; do not be alarmed. Bite on slightly damp gauze for 30 minutes following procedure. If the bleeding does not subside use a fresh gauze for an additional 30 minutes. You may also apply pressure with a damp tea bag for 3 minutes to stop bleeding.

### Pain

Some discomfort may be experienced after oral surgery. Take the medication we have recommended as directed to relieve the pain.

### Cleansing

Do not rinse your mouth today. Starting tomorrow, gently swish with salt water avoiding disruption of the blood clot (remember the clot is like a band aid for the bone). Use 1 teaspoon of salt in 1 cup of warm water after meals to cleanse the affected areas.

### Swelling

Minor swelling or bruising may occur. This is a normal reaction after oral surgery. Apply an ice pack to the affected area for ten minutes. Removed for ten minutes. Repeat for 1 hour. ***If you think the swelling is larger than what you expected or what we suggested you might experience, please call us to ensure that your post-op complications are within normal limits.***

### Eating

To aid the healing process, it is important to obtain adequate nutrition and calories. If chewing is difficult, try blended, smooth and creamy foods such as eggs, soup and smoothies. Avoid extremely hot, cold, spicy and acidic foods.

### Sutures

Resorbable sutures will begin to unravel and dissolve after about 3 days. Non-resorbable sutures will need to be removed in 1-2 weeks