
Minor Oral Surgery Procedures After Surgery Instructions

PAIN MANAGEMENT

- Alternate between an anti-inflammatory medication (ex. Ibuprofen, Naproxen) and a Tylenol based medication (ex. Tylenol or Tylenol #3). **Ibuprofen → 3hrs → Tylenol → 3hrs → Ibuprofen → etc.**

DIET

- Cold, soft foods are recommended the day of surgery.
 - Some ideas include soups, pasta, noodles, eggs, pudding, ice cream, yogurt, juice, milkshakes, pancakes, or anything soft that you can tolerate.
- **Avoid extremely hot or spicy foods.** Drink plenty of fluids.

BLEEDING

- Oozing from the surgical site is normal for the first 24 hours.
- **Gently apply pressure with gauze to the biopsy site for 30min to control bleeding.**
- For the first 24 hours, do not rinse or spit, and avoid sucking through a straw.

SWELLING

- Mild swelling to the area is common.
- Use **ice packs 20 minutes ON, then 20 minutes OFF for the first 48 hours.** After 5 days you may begin to start using heat packs.

WOUND CARE

- **Brush teeth and gums as you would normally do.**
- The day after the procedure, **begin to gently rinse your mouth with warm salt water (½ tsp of salt in 1 cup of water)** after meals and at bedtime.
- **DO NOT smoke or vape for 2 weeks following surgery.**

STITCHES

- If sutures were placed, they **will dissolve on their own.**

NUMBNESS

- Numbness from the local anesthetic is temporary and will wear off in 2-4 hours. Take care not to bite your lips, cheeks, or gums.

GENERAL ANESTHETIC & IV SEDATION

- ***If you were given a general anesthetic or IV sedation, do not drive, operate heavy machinery, or sign legal documents for 24 hours post-surgery. You should not be left alone for 24 hours following surgery.***
- Muscle pain and generalized soreness can occur following surgery and may last for 2-3 days.
- You may experience a sore throat and nose bleeds throughout the day. These are common if you had a general anesthetic.

SIGNS OF INFECTION

- New onset swelling or pain
- Foul taste or odor in the mouth
- Fever
- Discharge from surgical sites

POST-OP QUESTIONS AND URGENT CONCERNS

- Your well-being is our primary concern. Should you have any questions regarding your recovery, please contact our office.
- A doctor is on-call 24 hrs/day, 7 days/week for any serious post-op concerns (**bleeding, uncontrolled pain, signs of infection**). In the event of more urgent concerns, call our office at your earliest convenience. If you are calling after office hours or on the weekend, the answering machine will direct you to the oral surgeon on-call.
- If you are admitted to the hospital within 10 days from your procedure, please notify us immediately.
- **If you are having a medical emergency (chest pain, shortness of breath or uncontrolled bleeding), do not delay * dial 911.**