

POST OPERATIVE CARE

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CONTROL OF BLEEDING

Bite on the gauze placed in your mouth with mild pressure for 2 hours, replacing the gauze every 30 minutes. Do not suck on the wound or spit unnecessarily since this will prolong the bleeding. If the bleeding persists, then wipe the site clean from any blood clot forming, and bite on a moistened black tea bag for 45 minutes. It is normal to have some blood in your saliva for 24 to 48 hours.

PAIN CONTROL

If you were not given a prescription, Ibuprofen or Tylenol every 4 to 6 hours should be adequate. Avoid taking pain medication on an empty stomach.

ORAL HYGIENE

Do not use toothpaste or mouth rinse for 24 hours. After 24 hours, gently use a warm salt water rinse (1/2 teaspoonful of salt to 8oz. of warm water) to aid in the healing. Use 4 times daily for 5 to 7 days.

DIET

You may have soft foods on the day of surgery, advancing to a regular diet as tolerated. Avoid eating seeds, or hard, crunchy foods. Drink plenty of fluids.

SUTURES

Occasionally sutures are placed, which dissolve in 2 to 5 days.