

Postoperative instructions after a minor oral surgery

After a minor oral surgery, following these instructions will promote and accelerate healing. Note that it is normal to experience some discomfort and swelling after the surgery.

Day of surgery

- Keep gauze in place by maintaining a firm pressure and replace them every fifteen minutes, as needed until bleeding subsides.
- Apply ice on the cheek at regular intervals (20 minutes every hour), if recommended.
- If bleeding persists, you may also bite into a humidified teabag for 20-30 minutes.

Precautions

- Do not rinse your mouth or spit.
- Avoid drinking through a straw.
- Avoid smoking and alcohol.
- Avoid hot foods and drinks. Eat cold and soft foods.
- Avoid strenuous activity.

Pain

During the first 24 to 72 hours, take the pain medication prescribed by your dentist or 'over the counter' medication that contains either acetaminophen (Tylenol) or ibuprofen (Motrin, Advil). **Avoid taking aspirin.**

As of the next day and until complete healing

- Rinse your mouth three to four times a day with warm water and salt (2 ml or 1/2 tsp of salt in 250 ml or 1 cup of water) for a minimum of 3 days.
- Bruising may appear on the skin. It will disappear after five to seven days.
- You may have difficulty opening your mouth. It should come back to normal after four to five days.
- If, after three days you are bleeding heavily, experiencing abnormal swelling or if you are having a reaction to the medication, call our clinic at 514-624-5684.