

Stillwater Family Dental
(651) 351-0890

CARING FOR YOUR MOUTH FOLLOWING ORAL SURGERY:

Controlling Bleeding:

- Some bleeding will occur after surgery. This is normal. Biting on a piece of folded-up gauze for 45 minutes following surgery will aid in stopping the bleeding.
- It is normal to have blood in your saliva for 1-2 days following surgery.
- If bleeding continues and the taste is unpleasant, you may bite on a tea bag.

Rinsing and Cleaning of the Mouth:

- Do not vigorously rinse your mouth for 24 hours following surgery. Use warm salt water rinses (1 teaspoon of salt dissolved in 8 ounces of warm water). Be especially careful when brushing around the surgical site for the first 24 hours.
- Do not spit.

Swelling and Stiffness:

- It is normal to experience some swelling and stiffness in the mouth and cheeks following surgery.

Pain Control:

- Taking any pain relievers such as ibuprofen is recommended after surgery. This will help reduce swelling, and post operative pain.

Diet and Nutrition:

- A soft diet, such as soup or jello is recommended following surgery.
- Drink plenty of fluids such as fruit juice, and water.
- Avoid drinking through a straw, smoking, drinking out of a bottle, or anything that creates suction, for seven days. The suction may disturb the healing process of the surgical area and may result in an infection or a dry socket.

Please contact our office if any undue symptoms develop. Thank you!