

Post-surgical Instructions

1. Bite on a rolled-up piece of gauze for the next 30-45 minutes to allow the blood clot to form (thus acting like a natural band aid for the wound to stop bleeding).
2. Remember that the blood in the mouth will be mixed with saliva, thus it may appear that you have more blood than there is from the wound.
3. Do not spit out the blood. Active spitting, using a straw, frequent talking, and other jaw motions within the first 24 hours will often disturb the blood clot for maturation and bleeding may be prolonged. If you see excessive bleeding (such as bright red blood still continuously oozing out of the mouth despite biting on the gauze), you may try a wet tea bag instead of the gauze. If that still does not work, call the office.
4. Avoid eating/drinking hot food/liquid after the procedure for the rest of the day.
5. You are recommended to stay on a soft diet for the next two days or until you are able to tolerate more regular foods without significant discomfort.
6. Take the prescribed medication as instructed by the doctor/nurse/surgical assistant.
7. Swelling is expected for bigger procedures such as wisdom teeth extraction, multiple dental implants, large excisional biopsy, apicoectomy, sinus lift or other large bone grafting procedures. Maximum swelling can be up to 48 hours after surgery. You are encouraged to use an ice pack (wrapped in a dry cloth towel) and place on the affected side of the face, 20 minutes on and 20 minutes off as much as you can for the first 24 hours after the surgery. After that, you may switch to warm compress.
8. It is also normal to see mild to moderate bruising on the affected region 3-4 days after surgical procedures. Rest assured this is only temporary. Therefore plan your surgery accordingly.
9. Good oral hygiene will encourage faster healing. Therefore it is crucial that you go back to regular oral/dental care the day after surgery.
10. It is also normal to have a low grade fever (generally below 101F) the first two days after surgery. If your fever persistently rises or does not go down 3 days after surgery, please contact the office.
11. Smoking can delay oral wound healing, among other health hazards. We strongly recommend that you cut down smoking as much as possible to ensure optimal healing.

