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### Instructions following Oral Surgery

1. **Bleeding:** Do not be concerned if traces of blood are noted in the saliva for several hours after the operation. Do not rinse the mouth vigorously for the first few hours as the disruption of the clot may occur. It is best to avoid hot food until the day following the surgery. If continuous or excessive bleeding occurs, please contact the office.
2. **Pain:** You may have moderate discomfort after the anesthesia wears off. Most discomfort can be controlled with mild pain medication. A prescription for a stronger pain medication may be issued if necessary and should be used as directed.
3. **Antibiotics:** Antibiotics may be prescribed depending upon the surgical procedure. It is important that these antibiotics be taken completely as directed.
4. **Swelling:** In some cases swelling is to be expected. To help alleviate this, ice packs may be applied to the outside of the face over the area of surgery for one-half an hour on and one-half an hour off for the first three to four hours. Ice cubes in a plastic bag work nicely for an ice pack. If swelling and discomfort persist, warm wet compresses may be used over the area on the second and subsequent days. These are to be applied for twenty minutes on and forty minutes off for three hours each day.
5. **Oral Hygiene:** Meticulous oral hygiene should be continued in the areas of the mouth not treated surgically. Brush gently in the area of surgery and avoid flossing for the first week. It is important to not disrupt the sutures. Gently rinsing after meals with a warm salt water rinse ( $\frac{1}{2}$  tsp. salt/8 oz. water) will be sufficient.
  - a. Things to avoid the first week:
    1. Biting into things at the surgery site
    2. Lifting your lip and stretching the tissue
    3. Flossing
    4. Using mouthwash that contains alcohol
    5. Acidic foods and beverages that can be irritating
    6. Teeth whitening
6. **Nutrition:** Maintaining an adequate diet after surgery is important. You can chew on the opposite side of your mouth and should avoid extremely hard or spicy foods. You will assist the healing response by observing the following procedures:
  - a. Maintain an adequate home care level
  - b. Decrease or eliminate smoking. Smoking significantly delays the healing of oral tissue
  - c. Attempt to maintain a high protein diet
7. **Tooth Sensitivity:** Tooth sensitivity following surgery sometimes occurs and is not a cause of concern. It usually completely goes away in thirty days. It is very important then to be very meticulous with your plaque control procedures. DO NOT use a water pick in surgical areas for three weeks.

Remember that you have just had minor surgery. Be kind to yourself.