

Instructions following oral surgery

1. Bite on gauze for 1/2 hour.
2. Keep fingers and tongue away from the operated area.
3. Do not rinse your mouth for 24 hours, although it is permissible to drink cool or lukewarm liquids.
4. Smoking should be avoided for at least 12 hours.
5. Starting tomorrow, rinse your mouth frequently with a solution of 1/2 teaspoon of salt in a glass of warm water. Continue the rinse for a few days.
6. If discomfort persists, please contact us at 506 – 458 – 9186. Dr. Dvorkin can be reached after hours on his cellphone at 506 -261 – 9595.
7. Diet – Cold or lukewarm liquids may be taken for the first 4 – 6 hours. After this, any soft food is permissible.
8. **Bleeding** – It is normal for the saliva to be streaked with blood for a day. If frank bleeding is present, moisten and fold sterile gauze (provided) into a firm wad and place it directly on the bleeding area. Maintain firm pressure by biting for 20 minutes. The gauze may be substituted by a warm, soaked tea bag. *The tannic acid in the tea has clotting effect.*
9. **Swelling and Discoloration** – are to be expected in certain areas, usually reaching its maximum two days after surgery. It will disappear gradually and is no cause for concern. If desired, ice pads may be applied for the 48 hours, alternating for 20 minutes on, 20 minutes off.
10. **Sutures** (stitches) – If used, will dissolve on their own in about 5 days. Dr. Dvorkin will advise you if different type of non-resorbable sutures were used. An appointment will be made for you to have them removed.
11. Take Advil 600 mg every 4 – 6 hours as needed for pain. You can also take Tylenol 500 mg every 4 – 6 hours at the same time if pain is excessive. Follow instruction listed on your medication bottle.
12. Do not hesitate to contact the office or Dr. Dvorkin directly if in any doubt.