

# ***MSMILINE CLINIC***

## **ORAL SUGERY**

**READ CAREFULLY: POSTOPERATIVE CARE IS IMPORTANT FOLLOWING ORAL SURGERY  
RECOVERY MAY BE DELAYED OR COMPROMISED IF THIS IS NEGLECTED.**

### **THE DAY OF THE OPERATION AND THE 24 HOURS FOLLOWING:**

1. Keep the gauze pack for 2 hours with gentle biting pressure.
2. If more than slight bleeding persists, repeat this procedure with gauze or damp teabag (minimum ½ hours).
3. Do not lie flat. Keep head elevated and sleep with 2-3 pillows.
4. Apply ice bag to area (20 minutes on, 10 minutes off). Exterior application only.
5. Do not eat, drink or smoke for 2 hours, following the surgery.
6. Restrict yourself to a cold liquid diet and do not use straws.
7. Do not rinse your mouth or brush your teeth and do not spit for the first 24 hours.
8. Avoid hot fluids.
9. Apply Vaseline to lips if sore or dry.
10. Take it easy.
11. If we have put the dentures back in your mouth then please do not remove them for 24 hours. After the first 24 hours, you should take them out, rinse them and clean them. Then you can start rinsing your mouth as described in “the following days”.
12. Do not smoke (smoking can delay healing process. It can lead to swelling and infection and can lead to a failure of the treatment).

### **THE FOLLOWING DAYS:**

1. Brush gently after meals, excluding the surgical site and stitches.
2. **Add** ½ a teaspoon of salt to a glass of warm water and use as mouthwash to “bathe” the surgical area every 3-4 hours. If Peridex has been prescribed by your dental surgeon then use as instructed. After rinsing allow the salty water or the Peridex to flow out of the mouth without spiting it out. Do not rinse with alcoholized mouthwashes.
3. During the first two weeks following your surgery, restrict yourself to a soft puree. Maintain a good nutrition. If you cannot chew, then drink.
4. Apply warm moist compress (or towel) on the swollen regions of the face.
5. The stitches will be removed two weeks after your surgery.

### **THE FOLLOWING CAN BE EXPECTED:**

**Swelling:** the worst should be during the 2<sup>nd</sup> and 3<sup>rd</sup> day after the surgery and then slowly recede.

**Discoloration:** Black, blue and yellow areas may develop. These are not bruises, they are the result of bleeding into tissues are of little signification.

**Bleeding:** Very slight oozing of blood may occur for several days.

**IF YOU ARE IN DOUBT OR IN CASE OF EMERGENCY PLEASE CONTACT US: 514-695-8641**