



Oral Surgery Post-Operative Instructions

Your comfort and recovery are our main concern. After undergoing your oral surgery, it will be necessary for you to strictly adhere to these guidelines to ensure your utmost comfort and to avoid any unnecessary problems during the course of your recovery process.

Immediately After Surgery

After surgery, you will likely feel numbness, light bleeding, and swelling, all of which are normal.

- Chew softly on the gauze that has been placed in your surgical site for 30 to 45 minutes.
- Avoid touching your surgical site
- Do not rinse your mouth or spit forcefully for the first 24 hours
- Rest and avoid physical activity for the remainder of the da

Bleeding

Some bleeding or slight oozing is expected for the first 24 hours.

- If bleeding continues, place a clean gauze pad over the area and bite down for another 30 minutes
- Keep your head elevated
- Avoid smoking, spitting, or using straws, as these can worsen bleeding

If bleeding becomes excessive or does not stop, please contact our office immediately.



Swelling

Swelling is a natural response and typically peaks within 48–72 hours.

- Apply an ice pack to the outside of your face:
 - 20 minutes on, 20 minutes off
- After 48 hours, switch to warm compresses if needed

Pain Management

Some discomfort is expected after surgery.

- Take prescribed medications as directed
- You may use Ibuprofen (Advil) unless otherwise instructed
- Avoid aspirin, as it can increase bleeding

Take your first dose of pain medication before the numbness wears off for better comfort.

Diet

Stick to soft, easy-to-chew foods during the first few days.

Recommended foods:

- Yogurt
- Applesauce
- Mashed potatoes
- Smoothies (without straws)
- Scrambled eggs

Avoid:

- Hot, spicy, crunchy, or hard foods
- Alcohol
- Using straws (can cause dry socket)

Drink plenty of fluids to stay hydrated.



Oral Hygiene

Keeping your mouth clean is important—but be gentle.

- Do not rinse for the first 24 hours
- After 24 hours, rinse gently with warm salt water (½ teaspoon of salt in a cup of water) 2–3 times daily

Brush your teeth carefully, avoiding the surgical area

Activity

Limit physical activity for the first 24–48 hours.

- Avoid heavy lifting, exercise, or strenuous activity
- Resume normal activity gradually as you feel comfortable

Sutures (Stitches)

- Some sutures dissolve on their own within 7–10 days

If non-dissolving sutures were placed, you will be scheduled for removal

Possible Complications

Contact our office if you experience:

- Severe or increasing pain after a few days
- Excessive bleeding
- Swelling that worsens after 3 days
- Fever or chills
- Difficulty swallowing or breathing



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Follow-Up Care

Healing times vary depending on the procedure and individual health.

- Attend all scheduled follow-up appointments
- Follow all personalized instructions provided by your doctor

Need Help?

If you have any questions or concerns about your recovery, please don't hesitate to contact us.

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