



Dr. Shirley Cheong & Dr. Kenny Chan

Centerpoint Mall, 6212 Yonge Street, Unit 4, Toronto ON M2M 3X4 Tel: 416-222-4762 Fax: 416-222-9431

Care Following Oral Surgery

1. **Proper Care of Blood Clots:** For 30 minutes, bite firmly on the gauze sponge that has been placed over the surgical area. If needed, replace gauze with another as provided.
2. **Bleeding:** It is normal for the saliva to be streaked with blood for a day. If the wound continues to bleed, replace the gauze sponge on the bleeding area and bite firmly for 30 minutes.
3. **Do Not Rinse** or use mouthwash for the 1st day, but brush carefully. Cool drinks are recommended. On the 2nd day, rinse gently with warm salt water, using a concentration of 1/4 teaspoon of table salt in a mug (350 ml) of warm water, two to three (2-3) times daily and continue for 5 days.
4. **Pain:** Take analgesics (pain killers) as instructed. If pain persists, call us at the office. Your comfort is important to us.
5. **Toothbrush:** Use it carefully but thoroughly. A clean mouth heals faster.
6. **Eating, Drinking and Smoking:** Avoid alcoholic beverages and smoking until healing is well established. Adequate food and fluid intake following surgery is important. *Do not consume liquids through a straw.* If your regular diet is too difficult, you may supplement it with liquids or take soft foods such as macaroni, noodles, etc.
7. **Avoid any Excessive Activity:** Do not do things that will raise your blood pressure. Go home, lie down and rest. Do not disturb (pick at) the surgical area.
8. **Sutures (stiches):** If sutures were used in your treatment, they are of the resorbable type and will melt away in a few days. You will return for a review appointment of your wound in 1 week.
9. **Swelling and discoloration:** These may occur on skin of face or neck and usually fade away in 5 to 7 days.
10. **Other Instructions:**

Call 416-305-0568 for Emergency Dental Services