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**Post-operative Instructions  
Oral Surgery Patients Receiving Appliances Today**

1. A certain amount of bleeding is to be expected following oral surgery, but please LEAVE appliance in until your appointment tomorrow.
2. Do not rinse or wash your mouth today. Rinsing may dislodge the blood clot and interfere with normal healing. Tomorrow morning, gently rinse every three hours with a salty water solution; 1 tsp of salt dissolved in 6 ounces of warm water.
3. Eat soft foods. Chew on the opposite side of the mouth for the first 24 hours. Tomorrow, follow your own natural inclination on what to eat. Drink plenty of water. Do not use a straw. Do not smoke or do anything else to create suction in your mouth.
4. Swelling is not uncommon and need not cause alarm. If swelling occurs, apply a towel filled with cracked ice over the affected area on and off every half hour for two hours.
5. Mild discomfort may be experienced after the anesthetic wears off. If you need to take something for pain, you may have Motrin or Tylenol every 4-6 hours as needed.
- 6. In case of severe continuous pain, uncontrollable bleeding, unpleasant odor in the mouth or any unusual disturbances or any other questions, telephone this office immediately on 734 665-9104.**
7. Brush as normal. Avoid brushing the area where the tooth was removed.
8. No vigorous exercise today.
9. Your postoperative check-up appointment will be \_\_\_\_\_ at \_\_\_\_\_ o'clock.