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**Post-operative Instructions for Oral Surgery Patients**

1. There are four things that you can expect to experience after your surgery. They are:
  1. Minor bleeding (1-2 days)
  2. Slowly improving pain (1-5 days)
  3. Tightness of jaw (up to 2 weeks)
  4. Swelling (Up to 1 week)
  
2. **Bite on gauze, maintaining firm pressure** for one-half hour until \_\_\_\_\_. If the bleeding continues, bite on a fresh gauze for fifteen minutes more. Repeat if necessary with the gauze provided.
  
3. **DO NOT:**
  - Smoke (for 3 days)
  - Spit
  - Drink through a straw
  - Drink carbonated beverages
  - Blow your nose (upper teeth only)
  - Sneeze with closed mouth
  - Sneeze with mouth open for the first week, to prevent sinus damage (upper teeth only)
  
4. **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 solution consisting of one teaspoon of salt dissolved in a glass (6oz) of warm water.
  
5. Eat soft food and chew on the opposite side of the mouth for 24 hours. Tomorrow, follow your own natural inclination on what to eat. Drink plenty of water. No vigorous exercise today.
  
6. Brush as normal, avoiding the area where the tooth was removed.
  
7. Swelling may occur and is not a cause to be alarmed. If swelling occurs, apply a towel filled cracked ice over the affected area on and off every half hour during the first 24 hours. After the first 24 hours, discontinue ice and use a heating pad or moist heat compresses to reduce swelling.
  
8. Mild discomfort may be experienced after the anesthetic wears off. If you need to take something for pain, you may have Motrin or Tylenol for the next two days at \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
  
9. In case of severe continuous pain, uncontrollable bleeding, bad odor in the mouth, or any unusual disturbances or any other questions, telephone this office immediately (734 665-9104) After hours call Dr. Stewart's cell 734 353-9460.
  
10. Your postoperative check-up appointment is \_\_\_\_\_ at \_\_\_\_\_ o'clock.