



DND Mode: ON

For the next few days, and especially the first 24 hours, try not to disturb the area where you had surgery. Things like **vigorous rinsing**, **drinking thick liquid through a straw**, or **forceful spitting** can all interfere with proper healing.

If stitches were used, they'll usually **dissolve in 5-10 days**, unless you're told otherwise.

Swelling and pain

Both will usually **peak around the third day** after surgery and gradually resolve over 7-10 days. To keep swelling down during the first 24 hours, use a **cold pack** on your face near the treated area (5 minutes on, then 10 minutes off). Keeping your head elevated while resting can also help.



Can I work out?

Maybe, but take it easy at first. Lifting, cardio, yoga, or anything that gets your heart pumping might cause increased pain and/or bleeding. Plus, **minimizing stress on your body** allows faster healing. After a few days, if you're feeling up to it, you can ease back into your usual routine.

What's for dinner?

First 1-2 hours: avoid any food or drink
Days 1-3: cool, smooth, minimal-chew foods

👉 **Suggestions:** smoothies, puddings, mashed potatoes, fish, eggs, bananas, and avocados are all great options! Nutritional meal shake brands like Huel or Soylent are also excellent.

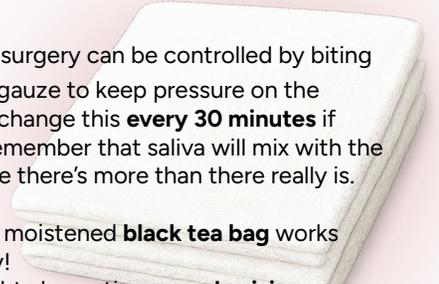
Day 4+: You can start returning to your usual diet, but watch out for crusty/tough breads, chips, or other abrasive foods. And be careful to avoid chewing directly on the areas where you had surgery.



Bleeding after surgery can be controlled by biting down on a thick pad of gauze to keep pressure on the operated area. You can change this **every 30 minutes** if bleeding persists, but remember that saliva will mix with the blood to make it look like there's more than there really is.

👉 Ran out of gauze? A moistened **black tea bag** works great as a home remedy!

! Sometimes, you might also notice some **bruising** on your skin, especially after more involved procedures; this is harmless and usually fades in a few days.



Keep it fresh

Allowing plaque to build up near the surgical site can lead to infection, so good hygiene is important. You can skip brushing on the day of surgery, but aim to **resume (gently!) within 24 hours**. If you were given chlorhexidine mouthwash, you can start it on the first evening, but just let it soak (no vigorous rinsing).

👉 After some extractions, you might notice a **small opening** a few days later; this is normal and will gradually close on its own. Use the provided **irrigation syringe** to gently flush the area with water to remove any food debris.



Smoking and vaping

If you partake, understand the risk. While marijuana/THC isn't ideal, **nicotine is especially detrimental**. It reduces blood flow and oxygen delivery to the surgical site, which slows recovery, increases pain, and compromises the end result. The longer you can hold off, the better your chances of a great recovery.

