

Post-Surgical Care Instructions



DO's after surgery

Do apply steady pressure with gauze to the surgical site to control bleeding. Fold gauze and bite or hold firmly for 30 minutes, changing the gauze as needed.

Do use a cold pack on the outside of the face for the first 24 hours following surgery. Switch to warm compress after 24 hours to reduce bruising/swelling.

Do expect swelling to increase for up to 2-3 days before gradually improving.

Do take prescribed medications exactly as directed. Begin promptly to minimize discomfort as anesthesia wears off.

Do eat soft foods for the next 2-3 days. Refer to the High Nutrition handout given at consultation.

Do drink plenty of fluids during the first two days. Use a cup instead of a straw.

Do expect discomfort for the first three days, which should lessen over time. The surgical site may be sore for up to 2 weeks.

Do rinse gently with warm salt water (one teaspoon table salt in a warm cup of water) after every meal to promote healing.

Do brush your teeth carefully starting the day after surgery, avoiding the surgical site until swelling and tenderness decrease.



DON'Ts after surgery

Don't use straws for 7 days. Suction can disrupt the surgical site.

Don't spit forcefully or rinse vigorously for 7 days.

Don't brush your teeth during the first 24 hours after surgery.

Don't smoke, vape, chew or consume alcohol beverages for at least 7 days following surgery.

Don't eat foods with small or hard particles such as seeds, nuts, rice, popcorn, or chips.

When to Call the Office

Contact your dental office if you experience excessive bleeding, worsening swelling, signs of an allergic or adverse medication reaction, or pain that is not relieved by prescribed medication.

Office Phone: 916-975-0111



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