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## Care Following Minor Oral Surgery

1. Maintain firm pressure by biting on gauze covering the extraction site for 30 minutes or as directed by dentist.
2. Take medication as directed.
3. Rest; **do not** engage in excessive physical activity.
4. **Do not** smoke for 4 days following the surgery.
5. **Do not** drink alcoholic beverages or hot liquids for 24 hours.
6. **Do not** use a straw.
7. Try to avoid blowing your nose for 24 hours following surgery.
8. **Do not** rinse, spit or disturb the area in any way for 24 hours following surgery. Avoid poking at the area with your tongue or finger. You may start rinsing after the first 24 hours with warm salt water. (Use half a teaspoon of salt dissolved in 150ml of warm water) If you must rinse your mouth during the first 24 hours, do so by placing the water in your mouth and gently allowing the water to fall out.
9. Swelling may occur following surgery. To minimize swelling, apply an ice pack or cold compress (a bag of frozen peas works well) to the affected side of the face for 20 minutes on, 20 minutes off for 3-4 hours after surgery.  
**Do not** apply heat.
10. You may expect a small amount of bleeding during the first 24 hours.  
If bleeding is excessive:
  - A. Gently wipe out your mouth with a clean gauze pad.
  - B. Fold clean gauze into a thick pad (a moistened tea bag also may be used) and place directly over bleeding area and apply pressure.
11. The sutures (stitches) will dissolve in 2-5 days following the surgery date.
12. Adequate nutrition is important for proper healing. Eat soft foods such as eggs, chopped meat, custards, milkshakes (do not use a straw) soup and fruit juices.
13. Difficulty in opening your mouth can sometimes occur and should begin to disappear gradually in about 5-7 days.
14. Call us if you have any questions or concerns.  
After hours: **416-712-3523** or **416-994-9559**.