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INSTRUCTIONS FOR CARE AFTER MINOR SURGERY

After surgery you may expect some bleeding, bruising, and discomfort. We hope these instructions help you to understand and cope with these problems.

Bleeding: You may have some gauze over the area after surgery, if so bite firmly on them for 1 hour after surgery. It is normal to ooze some blood and tissue fluid for 24-48 hours after surgery. When this oozing mixes with saliva it can appear that there is a good deal of bleeding. Don't be alarmed. Serious, (not dangerous) bleeding results in a teacup full of **dark, red, thick** blood in 5-10 minutes.

Discomfort: Little discomfort should be expected. If the area is uncomfortable, take 2 aspirin or tylenol to ease the pain, or take your prescription if one has been given to you.

Eating: For the next 18 hours do not eat anything hard or hot on the area. Also, do not drink through a straw as suction can make bleeding worse. After 18 hours you can eat whatever feels comfortable.

Smoking: Keep smoking to a minimum.

Oral Hygiene

Rinsing: No rinsing should be done for at least 18 hours. After 18 hours, you can rinse with warm salt water (1 tsp. salt to 1 cup of water) each time after you eat and 2 –3 more times during the day.

Brushing and Flossing: Continue to clean areas not affected by oral surgery and resume hygiene on surgical area after 3 days.