

# AfterSurgery Instructions (General)

General guidance after oral surgery. Follow your personalized instructions first.

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Most patients do best with rest, hydration, soft foods, and scheduled pain control for the first 24–48 hours. If you were sedated, do not drive, drink alcohol, or make important decisions for 24 hours.

## Bleeding, swelling, and comfort

- **Bite on gauze as directed for oozing.**

Why: Gentle pressure helps a clot form and slows bleeding.

- **Ice packs for 24–48 hours (20 on / 20 off).**

Why: Reduces swelling and soreness early on.

- **Take pain medication as instructed.**

Why: Staying ahead of pain is easier than chasing it.

- **Avoid smoking/vaping.**

Why: Increases risk of infection and dry socket; slows healing.

## Eating and oral hygiene

- **Soft foods and plenty of fluids at first.**

Why: Protects the site and supports healing.

- **Avoid straws and forceful spitting.**

Why: Suction can disrupt the clot and delay healing.

- **Brush gently; avoid the surgical area initially.**

Why: Keeps the mouth clean without irritating the site.

## Call our office if you notice

- Bleeding that does not slow with firm gauze pressure.
- Fever > 101°F, worsening swelling after day 3, or foul taste/odor.
- Severe pain not controlled by medication.
- Trouble breathing or swallowing (seek emergency care).

General education only. Your care plan may differ based on your procedure.