



What to do

Your dentist or oral surgeon will use a gauze pad over the wound to cut down on the amount of bleeding while the blood clots. This gauze pad should be left in place for an hour no matter how soggy it becomes. Keep firm and constant pressure on the gauze pad by closing

your teeth firmly on the pad. If you are still bleeding after 1 hour, put a new gauze pad on the area and continue to put firm and constant pressure on the pad for another hour.

Rest and keep your head raised. Rest slows down the circulation (flow) of blood. This helps stop the bleeding and helps you to heal faster. Brush and floss your teeth as usual, but stay away from the wound and use only a little bit of water. If you are still bleeding a lot and it has been 4 hours or longer since your surgery, call your dentist or oral surgeon.

A full day after surgery, rinse your mouth gently with warm water. Your dentist or oral surgeon may suggest that you add 1/2 teaspoon of salt to a cup of warm water each time you rinse. Rinse 4 or 5 times a day, for 3 or 4 days.

What NOT to do

- Do not rinse your mouth within the first 24 hours, even if the bleeding and oozing leave a bad taste in your mouth.
- Do not chew on the gauze pad or suck on the wound.
- Do not strain yourself for 2 full days after your surgery.
- Avoid hot liquids like coffee and tea. If you eat soup, let it cool first. Hot liquids increase the flow of blood and your wound can start to bleed again.