



Jakubas Dental Clinic  
4721 Hiawatha Avenue South  
Minneapolis MN 55406  
(612) 721-3012

## **Post-Surgical Instructions**

1. No-nos!
  - No Smoking
  - No Spitting
  - No Straws (do not use them for drinking)
2. Bite on a sterile gauze for about one hour. If bleeding continues after that, take one or two pieces of the sterile gauze you were given, fold over like a pillow, place over the socket and bite. Repeat as necessary. A certain amount of bleeding is normal following oral surgery. You may have some streaks of blood in your saliva for a few days, or you may wake up with a little blood on your pillow.
3. Eat and drink on the opposite side of the mouth for the next few days. Eat a soft diet. Avoid "bubbly" beverages such as pop. Also avoid alcoholic beverages.
4. Do not rinse or wash your mouth out with anything today (day of surgery). Tomorrow (or following day), rinse every few hours with a glass of warm water with one teaspoon of baking soda or salt thoroughly mixed in it.
5. Swelling is not uncommon after oral surgery and need not cause alarm. If swelling should occur, apply an ice bag over the affected area for ten minutes. If it was a difficult surgery, applying an ice pack for the first 24 hours makes a significant difference in reducing discomfort and swelling. If swelling suddenly occurs more than two days after the surgery, call the clinic at (612) 721-3012 or return to the clinic.
6. Mild pain may be experienced after the anesthetic wears off. Sometimes it helps to take Tylenol or Ibuprofen or your prescription pain medication before the anesthetic wears off.
7. If in doubt about anything, call or come to the clinic.