

**Donald L. Taylor, Jr., D.D.S.**  
**534-A Wythe Creek Road**  
**Poquoson, Virginia 23662**  
**(757) 868-9334**

### **POST-ORAL SURGERY INSTRUCTIONS**

Now that your oral surgery is completed, follow these procedures to make yourself more comfortable, promote healing, and help prevent any possible complications.

1. Keep gauze in place for 2 hours. You will probably ooze blood for the next several hours. A little bleeding or oozing is normal. If bleeding continues after you have removed the gauze, it can usually be controlled by biting on fresh gauze pads for twenty minutes and repeat if necessary. For persistent bleeding, wrap a moistened tea bag in sterile gauze pads and place it over the wound. Bite on it for twenty minutes.
2. Take all medications as prescribed.
3. For the next 24 hours place an ice bag on the outside of your face closest to the surgical site. The cold will reduce swelling. ***For the remainder of today, do not rinse your mouth, spit, smoke, use a straw, or drink alcoholic beverages.***
4. Cool liquids and cool soft foods (i.e. Jell-O, yogurt, ice cream) are your best diet today. Drink plenty of fluids. Beginning tomorrow eat a nutritionally balanced diet. Do not skip meals. If you eat regularly, you will feel better, have less discomfort, and heal faster. Avoid spicy and acidic foods, and ground meats (i.e. hamburger, ground turkey) for a couple of days.
5. Expect to have some discomfort for 1 or 2 days after your surgery. The prescribed medication should relieve most pain. If pain persists, bleeding is excessive, or you have any other problem please contact our office 757-868-9334.

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