



PIER STREET DENTAL
Dr. Andy Wong

Patient Care Following Oral Surgery

To Control Bleeding:

- avoid disturbing area with finger or tongue
- avoid drinking from straws
- avoid excessive spitting
- avoid strenuous activities for 2 days

Slight bleeding for the 1st 24 hours is normal.

Eat a soft diet for 2 days; avoid foods containing nuts or seeds.

No smoking for 48 hours.

Take pain medication as directed.

If directed, place ice for 10 minutes at a time, with 10 minute breaks, on facial area nearest surgical site, **ONLY ON DAY OF SURGERY.**

Starting the day following the surgery, rinse **GENTLY** with warm salt water after each meal for 3-5 days. Avoid any mouth rinse or mouthwashes for 2 days.

If you have any questions or concerns, contact Dr. Wong at :
250-286-7437 (office) or 250-830-7798 (cell-leave message)