



Chung Shan Medical University Hospital

Postoperative Instruction for Oral Surgery

1. Gauze Care:

Bite down on the gauze for 60 minutes, then remove it using clean hands. Swallow your saliva normally—do not spit it out.

2. Ice Application:

Apply ice to the affected area every 30 minutes during the first 24 hours to help reduce swelling.

- Do not use heat or ice on the second day.
- You may apply heat starting on the third day to help with any residual swelling.

3. Diet:

You may begin eating 2 hours after the surgery or once the anesthesia wears off.

- Stick to soft, cool foods on the first day.
- Avoid hot, spicy, or irritating foods.
- Do not smoke.
- Do not use a straw when drinking.

4. Oral Hygiene:

Do not brush your teeth within the first 24 hours after surgery.

- Drink plenty of water after meals.
- If food enters the wound, rinse gently with water—do not use your tongue to clean the area.

5. Medications:

Start taking your prescribed medications immediately after removing the gauze pack.

- Complete the full course of antibiotics.
- Take painkillers as needed, based on your pain level and tolerance.

6. When to Contact Us:

A. Bleeding:

- Some minor oozing is normal within the first 24 hours.
- If you suspect heavy bleeding, do not spit. Use a mirror to inspect the wound.
- Light bleeding is normal. If it becomes heavy, bite down on damp gauze or a tea bag for one hour.
- Contact us if the bleeding continues.

B. Numbness:

- The effects of anesthesia usually wear off within 1 to 4 hours.
- Contact us the next day if numbness persists.

C. Swelling & other Symptoms:

- Mild swelling is normal after surgery.
- Contact us if swelling increases after 48 hours, or if you experience fever, difficulty opening your mouth, or trouble swallowing.

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