

After Minor Oral Surgery

Victoria General (VG) Site

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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The name of my surgery is:

Call the Oral and Maxillofacial Surgery Clinic right away if you have urgent questions or concerns, or if you have any of the following symptoms after your surgery:

- › Bleeding that does not stop
- › Trouble breathing
- › Pain that is getting worse or not getting better
- › Fever (temperature above 38 °C or 100.4 °F)
- › A lot more swelling than before
- › More nausea (upset stomach) or vomiting (throwing up)

Oral and Maxillofacial Surgery Clinic

- › Hours: 8:30 a.m. to 3:30 p.m., Monday to Friday
- › Phone: 902-473-5238

- We will return your message as soon as possible.

For urgent concerns outside of Clinic hours, call locating and ask to speak to the oral surgery resident on call:

- › Phone: 902-473-2222
- › Stay on the phone and the resident will be with you shortly.

After Minor Oral Surgery

This pamphlet provides information about your care and recovery at home after surgery.

Bleeding

- It is normal to have some blood oozing and discoloured saliva (spit) after oral surgery.

If you are actively bleeding:

- Put a piece of gauze over the area and bite down with **firm, steady pressure** for 30 minutes to 1 hour.
- **If the bleeding does not stop, call the clinic:**
 - › Phone: 902-473-5238

Do not:

- › Suck or spit
- › Use a straw
- › Smoke
- › Chew gum
- › Touch the area

These actions can cause infection, irritation, and/or bleeding.

Swelling

- Swelling is common. It may increase (go up) for up to 3 days after surgery. Then, it should start to go down.
- For the first 24 hours (1 day) after surgery, use an ice pack on the swollen area for 20 minutes, then remove it for 20 minutes. Repeat this throughout the day while you are awake.

Pain

- Your surgeon may give you a prescription for pain medication to help with discomfort after your surgery. Take all medication exactly as prescribed.
- It is common to have some discomfort for 3 to 5 days. The discomfort should slowly get better.



Mouth care

- Start rinsing your mouth the morning after surgery. You can make the rinse by stirring a small pinch of salt into a glass of warm water.
- Rinse your mouth several times a day. Always rinse after meals and before you go to sleep.
- If your surgeon gave you an antibacterial mouthwash, use it exactly as directed.

Stitches

- The stitches in your mouth will dissolve (go away) on their own several days after your surgery.

Eating guidelines

The day of your surgery

- Only have cold fluids (like ice cream, Jell-O®, or milkshakes).

1 day after your surgery

- You can start eating very soft foods (like pudding) for the next couple of days.
- **Do not have hot foods or drinks for the first 2 days (48 hours) after surgery.**

While you are taking pain medication:

- **Do not** drink alcohol.
- **Do not** drive.