

## Care of Mouth Following Tori Removal

**Bleeding** – Minor bleeding may occur during the first 48 hours following surgery. Avoid extremely hot foods for the rest of the day and do NOT rinse out your mouth, as this will often prolong the bleeding. *If bleeding continues, apply light pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 20-30 minutes without looking to see if bleeding has stopped.*

**Swelling and Discomfort:** Slight discomfort when the anesthesia wears off is normal. Slight swelling of the operated area is also not unusual. Even bruising and chapped lips can sometimes occur. An ice pack may be applied to the area to help minimize swelling of your face. Alternating 20 minutes on and 20 minutes off will usually be adequate during the first 24-48 hours after surgery. Keeping your head elevated above your heart will also help. One to two day after surgery, moist heat will help resolve minor swelling. Major swelling should be reported to the doctor at once.

Your teeth may experience some degree of increased temperature sensitivity, especially to cold. This is common immediately after surgery and will gradually decrease. Sensitivity can be minimized by keeping the area as free of plaque as possible. If sensitivity is extreme, call the office for further assistance.

**Diet** – Do not eat anything until the anesthesia wears off, as you might bite your lips, cheek or tongue and cause damage. Please follow a soft food diet, taking care to avoid the surgical area(s) when chewing. Do NOT bite into food if the procedure was done in the front of the mouth. Avoid, sticky, hard (such as ice cubes, nuts, popcorn, chips, pretzels, etc.), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids. Avoid carbonated and alcoholic beverages for 24 hours and do not use a straw for one week as this will disrupt the clot. You must take at least two glasses of liquid with pain medication. Gradually return to your normal diet as tolerated.

**Oral Hygiene** – Do not perform any oral hygiene for the remainder of the day of your surgery. Do not rinse the mouth or spit on the day of surgery. Spitting will cause more bleeding. Beginning the day following your surgery, you may return to your normal hygiene regimen for all untreated areas of your mouth. The surgical site, however, should not be touched. You should rinse with warm water after meals and at bedtime. If you were prescribed an antimicrobial mouth rinse, use this in place of warm water during your post-operative phase. Avoid vigorous swishing!

**Physical Activity** - Avoid any strenuous physical activity for the next 2-3 days to prevent or minimize severe bleeding.

**Medications** – Take Ibuprofen or Advil 800mg (equal to 4 tabs over the counter) every 4-6 hours for the next 3-5 days. Please take it as instructed, whether the area hurts or not. Do not exceed 2400mg (12 tabs) in a 24 hour period. If medication was prescribed, please take as instructed by Dr. Barker.

**Smoking** – It is advisable that you refrain from smoking for at least 3 days after surgery, as this increases the risk of infection and may delay healing. 7-14 days is recommended for optimal healing.

**Follow-up Visit** – Return to the office as requested for suture removal and/or examination. Contact our office if you have any questions or problems before that time. Please inform us if you cannot keep your appointment so that we can reschedule at your earliest convenience.

**Please call Dr. Barker directly if you have any concerns after office hours:  
443-914-2210 Leave name, phone number and a brief message**