



CONNECT FAMILY DENTAL • PATIENT RESOURCES

Oral Surgery Post-Operative Instructions

Helpful guidance for protecting the surgical area, supporting recovery, and knowing when to contact our dental team.

RIGHT AFTER SURGERY

Protect the surgical site and follow the specific instructions provided by your Connect Family Dental team.

DURING RECOVERY

Rest, keep the area clean as directed, and avoid activities that may interfere with healing.

QUICK GUIDE

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01 Protect the Surgical Site

- Do not touch or disturb the surgical area with your fingers or tongue.
- Avoid forceful spitting or vigorous rinsing immediately after surgery.
- Follow any gauze or dressing instructions provided by your dental team.
- Follow all procedure-specific instructions given at discharge.

02 Bleeding

- Mild bleeding or oozing may occur following oral surgery.
- Use gauze exactly as directed by your dental team.
- Keep your head elevated when resting.
- Avoid strenuous activity during the initial recovery period.
- Contact our office if bleeding is heavy, persistent, or concerning.

03 Swelling

- Swelling can occur after oral surgery and may increase during the first few days.
- Apply a cold pack as directed during the initial recovery period.
- Keep your head elevated when resting.
- Follow any additional swelling-management instructions from your provider.

04 Pain & Comfort

- Some discomfort is expected after oral surgery.
- Take prescribed or recommended medications only as directed.
- Follow medication instructions carefully and do not exceed the recommended dose.
- Contact our office if pain becomes severe or continues to worsen.

05 Diet & Hydration

- Choose soft foods that are comfortable to eat during the early recovery period.
- Stay hydrated unless your dental team has given you different instructions.
- Avoid very hot, hard, crunchy, or irritating foods near the surgical area.
- Gradually return to your normal diet as comfortable and as directed.

06 Oral Hygiene

- Follow your dental team's instructions for brushing and rinsing.
- Keep the rest of your mouth clean while avoiding direct disturbance of the surgical area.
- Avoid vigorous rinsing immediately after treatment.
- Use any recommended rinse only as directed.

07 Activity & Rest

- Rest during the initial recovery period.
- Avoid strenuous exercise and activities for the period recommended by your provider.
- If you received sedation or anesthesia, follow your provider's instructions regarding driving and activity.
- Follow all restrictions provided for your specific procedure.

08 Sutures & Follow-Up

- If sutures were placed, follow the specific instructions provided by your dental team.
- Do not pull, cut, or manipulate sutures unless specifically instructed.
- Keep all recommended follow-up appointments so your recovery can be monitored.

09 — IMPORTANT: WARNING SIGNS — CALL US

Contact Connect Family Dental if you experience symptoms that concern you or seem unusual.

Call us promptly for:

- Severe or worsening pain
- Persistent or heavy bleeding
- Significant or worsening swelling
- Fever or other concerning symptoms
- Any unexpected problem involving the surgical area

Important Note

These instructions are general information and may not apply to every patient or procedure. Always follow the specific instructions given by your Connect Family Dental team.

CONNECT FAMILY DENTAL

(203) 745-4244

info@connectfamilydental.com

953 Dixwell Ave, Hamden, CT 06514

Questions after your oral surgery? Please give our dental team a call.