



GRANITE STATE ORAL SURGERY

80 Nashua Road, Building C
Londonderry, New Hampshire 03053
603-432-3308 Fax: 603-425-6165

32 Stiles Road, Suite 210
Salem, New Hampshire 03079
603-893-8630 Fax: 603-893-3697

Post-Operative Instructions for Soft Tissue Surgery

1. Apply pressure with gauze to the surgical area for 30 minutes. Remove gauze, if bleeding has stopped no further gauze pressure needs to be applied. If the area continues to ooze, re-apply gauze at 30 minute intervals until it stops.
2. Apply ice to the outside of your face in the area of the surgery for 30 minutes out of every hour today. The first day after surgery apply ice only if there is swelling. If bleeding has stopped completely, you may apply heat to the area.
3. A cool liquid diet is recommended today. The first day after surgery, you may eat any temperature food; just avoid chewing in the area of the surgery. Avoid spicy or acidic foods until the area has healed.
4. If you have stitches, they will typically dissolve or fall out after 3-5 days.
5. Brush your teeth as you normally would, just be careful of the surgical area. Rinse or dab the area with warm salt water after every meal and at bedtime.
6. Take all prescriptions as directed. When you no longer need prescription pain medicine, you may take whatever you usually take for a headache.
7. Do not smoke.

If you have any questions or problems, please call us at 432-3308. If you need to reach Dr. Malik urgently, you can page him at (603) 552-0620. After you hear the series of beeps, enter your telephone number and then press the # key. He will return your call as soon as possible.