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After Tori Removal

- After the tori removal, expect some discomfort and swelling in the area which should resolve over the next 3-5 days.
- Bleeding varies with the procedure but should not be heavy or prolonged. Call if you have bleeding concerns.
- Apply light pressure with the gauze over the surgical site for one hour; after that replace and repeat if necessary. Leave out the gauze once the bleeding has tapered off.
- Diet should start with soft foods, and progress to a normal diet as you see comfortable. Avoid hot foods for the first day as they can increase swelling and bleeding.
- Avoid the use of a straw for the first 24 hours.
- The duration of local anesthesia varies from 2-8 hours. Be careful not to bite your lips, cheek or tongue. Move your jaw cautiously until feeling has returned.
- Avoid rinsing your mouth or spitting today. Beginning tomorrow you may rinse with warm salt water (1/2 teaspoon salt to 1 cup warm water) every 2 to 3 hours for the first couple of days, then rinse after meals and at bedtime for the next two weeks.
- Take medications as prescribed. If you have any untoward effects, call the office for assistance.
- Do not pull or pick on the sutures. Most of the time we will use sutures which dissolve within 5-7 days. You will have been instructed to return if your sutures are not dissolvable.
- Good oral hygiene after surgery is essential. Make every effort to clean your teeth within your range of comfort. Brush your teeth and gums as normal but be very gentle in area where incisions are adjacent to your teeth.
- Do not smoke or use tobacco products.
- Take medications as prescribed. Prescription pain medicine may cause nausea. Taking small amounts of food prior to taking your pain pill can reduce the chance of nausea. If you do not get adequate pain relief, you may supplement your pain medicine with ibuprofen (Advil or Motrin). If you anticipate needing more prescription medication for the weekend please note: TELEPHONE CALLS FOR NARCOTIC (PAIN KILLER) PRESCRIPTION RENEWAL ARE ONLY ACCEPTED DURING OFFICE HOURS
- Sometimes the after effects of surgery are quite normal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call our office for clarification.