



Oral cavity (mouth) surgery instructions

What to expect:

- **Tenderness and swelling** at the site of surgery is expected.
- **Bleeding:** a small amount of bleeding may occur the day of surgery, but usually stops by the evening
- **Sutures (stitches)** used on the inside of the mouth are usually dissolvable. You may feel them with your lips and tongue throughout the week after surgery.

Diet:

- Eat/drink only liquids for 24 hours after your surgery. “Liquids” means anything without food pieces that could get caught in the incision, and includes: broth, jello, plain ice cream, sherbet, popsicles, etc.
- After 24 hours, eat only soft foods (pasta, eggs, thoroughly cooked vegetables, soups, oatmeal, mashed potatoes, etc.) for the remainder of the week following surgery.
- AVOID spicy or acidic foods and drinks (hot sauce, most fruit juices, coffee, etc.) and alcoholic beverages.

Wound care:

- Use a mixture of 50:50 hydrogen peroxide and warm water to rinse the mouth after meals and before bedtime. Hydrogen peroxide can be purchased at any pharmacy without a prescription.
- Avoid any other mouth washes (most contain alcohol which can irritate the incision) for one week.
- Take care when brushing teeth.
- Ice chips can help soothe pain and decrease swelling.

Follow up:

- You will be seen one week after surgery to check the incision, review biopsy/pathology results and discuss any further care with your surgeon. **If you do not already have a scheduled follow up visit, please call our office to make an appointment: (630) 355-5668.**