Post-Operative Instructions for Removal of Palatal Tori

1. Sutures placed inside your mouth will dissolve or be removed in one to two weeks.

2. It is very important that you keep constant pressure on the palate for the next 2-3 days.

3. Oozing from the surgical site is normal. You may use gauze packs and apply pressure with your finger or thumb to control bleeding.

4. Avoid sucking through straw for 24 hours.

5. Diet; Start with nourishing liquids and soft foods. You may gradually return to your normal diet as directed by the doctor. Avoid extreme hot foods, foods with sharp edges (chips, pretzels, etc.), or foods that may lodge in the biopsy area (nuts, popcorn, etc).

6. 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.

7. The day after your surgery, begin gently rinsing your mouth with salt water (1/4 teaspoon salt dissolved in 8 ounces of warm water) 2-3 times a day.

8. Do not smoke or use tobacco products.

9. Take medications as prescribed. Prescription pain medicine may cause nausea. Taking a small amount 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 minimal, 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.

Our number is 814-235-7700.