

Virginia Surgical Arts
Sergio Vendetti, MD, DMD
1240 Perimeter Parkway Ste. 401
Virginia Beach, VA 23454

Intraoral Soft Tissue Instructions

- _____ 1. Patients, especially children, should not eat solid food for at least 2 hours so as not to bite the tongue/lip while numb.
- _____ 2. Change gauze every 20 minutes if bleeding continues.
- _____ 3. No bike riding, gymnastics, contact sports, swimming, or any activity where they may get hurt for 24 hours.
- _____ 4. Give Tylenol for pain or samples provided.
- _____ 5. Soft diet-warm soup for lunch, pasta for dinner.
- _____ 6. Tomorrow's diet as tolerated.
- _____ 7. Ice bag to the area-on 20 minutes and off 10 minutes.
- _____ 8. Sutures are dissolvable-in 10-14 days (can be removed in 3-5 days).
- _____ 9. Rinse with warm salt water the day after surgery and after each meal.
- _____ 10. If dentures are inserted, they are to stay in the mouth for the first night. Dentures may be removed to rinse and then immediately replaced.

Please call if you have any problems or concerns at (757) 430-7690