

## POST-SURGERY INSTRUCTIONS

### WHAT TO EXPECT

Some discomfort, bleeding and/or swelling is expected after having a tooth or teeth removed. The following are instructions to follow which will help the healing and lead to a quicker recovery.

**DISCOMFORT** The greatest discomfort is in the first 6-8 hours after surgery. For mild pain, after the local anesthetic (freezing) wears off, you can take 2 extra strength Tylenol or Ibuprofen (avoid Aspirin) every 6 hours.

If you have been given a prescription for a stronger medication, take 1 tablet when you arrive home, then follow the directions for the prescription. Certain persons may experience an upset stomach from such medicine. If this occurs, take the pills after having something to eat. **If itching or a rash develops, stop taking all medications** and contact our office (604) 932-3677. Moist heat after 24 hours may help jaw soreness. If dull pain increases on the 3<sup>rd</sup> or 4<sup>th</sup> day, call the office to arrange an appointment.

**BITE** firmly on the gauze sponges placed on your surgical area(s) for 1 hour following surgery. Do not clench your teeth, just hold your teeth together on the gauze.

**BLEEDING** - if bleeding continues, bite **FIRMLY** for 1 hour on clean gauze or a slightly wet tea bag. Repeat this procedure hourly or until bleeding stops. Oozing is not uncommon for 24 hours post-operatively. **DO NOT** use cotton balls.

Also, to promote the blood to clot:

- a) Avoid smoking and drinking alcoholic beverages for 72 hours.
- b) If bleeding becomes brisk and fills the mouth quickly, call the office to book an appointment.

**MEDICATION** Remove gauze and take pain medication (if medication is not given at the office) within 2 hours of your surgery and prior to the local freezing coming out. It is important to take your pain medication promptly and as prescribed for the first two days as necessary. Be sure to finish all prescribed antibiotics as directed.

**APPLY AN ICE PACK** to the side of your face to which surgery was performed. Alternate 10 to 20 minutes on, and 10 to 20 minutes off – for the first 12 hours following surgery while you are awake.

**SLEEP** with your head and shoulders **ELEVATED** on an extra pillow for a few days (this helps control swelling). Swelling will occur, and can increase for the first 3 days. After 3 days, swelling will normally subside.

**DIET / SOFT FOODS AND LIQUIDS** are recommended for the first 48 hours after surgery. Avoid rice, corn, toast, seeds and nuts for at least 5 days following the surgery as small particles may get caught in the socket areas and can cause an infection. **DO NOT** use a straw, as sucking may loosen the stitches and blood clots and cause unnecessary bleeding.

**RINSING - DO NOT** use mouth wash, spit, or rinse your mouth the day of surgery – but you do need to start gently rinsing the next morning with warm salt water - 1tsp. per 5cc salt to 1 glass (250ml) of warm water. Rinse several times per day for 10 days (especially after meals). Slight bleeding will occur with rinsing and gentle teeth brushing for up to 10 days post operatively. Avoid using mouthwash during the healing phase as it tends to dry out the mouth tissue. If you received **Chlorhexidine** rinse, please use this instead of saline solution.

**USE A SOFT TOOTH BRUSH** to brush your teeth the day following oral surgery. However, **AVOID** brushing in the stitches area for at least 5 days following surgery.

**STITCHES** will need to be removed 7-10 days after surgery. Frequent saline rinsing will assist the healing of the surgical sites.

**SWELLING / BRUISING** - This is normal after a tooth extraction, but may occur in more complicated cases. You can minimize this by placing an ice pack on your face for 10-20 minutes on, then 10-20 minutes off for the first 12 hours. On the second day use warm compresses to help with swelling.

**REST** and avoid excessive activity for 48 hours.

**REFRAIN** from smoking or drinking alcohol for the next 72 hours. Smoking will increase the risk of post-operative dry sockets. Alcohol may worsen the side effects of our prescribed medication.

**FOR OUR FEMALE PATIENTS** - Please be advised that taking prescribed antibiotics while taking birth control will in all likelihood render your birth control ineffective for a full cycle.

**PLEASE CALL** our office should you have any questions relating to your oral surgery  
**(604) 932-3677**