



## INSTRUCTIONS FOLLOWING ORAL SURGERY

### Bleeding

Bite on gauze for 30 minutes to stop the bleeding. Bleeding is the natural first step in the body's healing process and you can expect to see "oozing" of blood for the first 24 hours. Applying pressure by biting on gauze helps initiate the blood clot and stop the bleeding. Change the gauze as needed being careful upon removal not to disturb any blood clot formation. If the gauze is dry you may dampen the gauze before its removal. If you have continued bleeding try wetting a tea bag and bite lightly on the tea bag. The tannic acid in the tea helps to clot the blood.

### Swelling

Use ice packs on the area of your face next to the extraction sight. Leave the ice pack on for 20 minutes and then off for 20 minutes. Do this during the first 24 hours to minimize swelling. The maximum swelling, pain and jaw stiffness normally occurs 2 days after the surgery. Moist heat after 36 hours may help jaw and muscle soreness. Difficulty in opening and closing your mouth (for 1-2 weeks), bruising, and difficulty swallowing are conditions that sometimes occur. These are normal post-operative conditions, and will resolve in time.

### Mouth Care

For the first 24 hours do not:

- Smoke (smoking increases the risk of a "dry socket")
- Drink through a straw
- Drink alcohol
- Blow your nose
- Spit excessively
- Drink hot liquids
- Exert yourself excessively

Any of these things may cause the blood clot to dislodge from the socket, causing a "dry socket" and result in unnecessary pain. If you get a dry socket it usually starts about 3-4 days after the extraction and feels like a strong throbbing in the area where the tooth used to be.

Please call us if this occurs, this condition can be easily treated. Brush and floss as usual, avoiding the extraction sites. Begin rinsing with a warm salt water rinse (1/4 teaspoon of salt to a glass of water) every 4-6 hours starting the morning after surgery.

### Pain

The greatest amount of discomfort is in the first 12 hours after surgery. If you need to take a narcotic pain reliever eat a small meal before taking the medication. This helps minimize the nausea that narcotics can cause. In no case should you exceed the maximum dosage of the medication. If you experience a strong throbbing in the area where the tooth used to be on the third or fourth day, you are most likely experiencing a dry socket. Please call us if this occurs, this condition can be easily treated.

### Diet

It is important to maintain good nutrition following your surgery. Maintain a soft diet for the remainder of the day - try things like warm (not hot) soup, ice cream, milk shakes (remember no straws) or even a meal replacement shake. Drink plenty of fluids for the next 3 days.

### Infection

If swelling and discomfort worsens after the 4th day following surgery, along with a foul taste, fever and difficulty swallowing, contact our office.

IF FOR ANY REASON YOU ARE CONCERNED  
ABOUT YOUR CONDITION, NOTIFY US RIGHT  
AWAY AT THE OFFICE: (604) 222-1299