

POST-OPERATIVE INSTRUCTIONS

WHAT DO I DO WHEN I GET HOME?

Following oral surgery, you must adhere to the following instructions. They are intended to guide you to a comfortable recovery and assist your healing.

DISCOMFORT

A certain amount of discomfort should be expected and varies with the amount of surgery that was performed. Medications have been prescribed to control pain as sensation returns. Take the medication as prescribed to keep you comfortable and it is best taken with fluid or food in your stomach. If a rash develops, stop taking the medication and call our office.

BLEEDING

When you leave the office, you will be biting on gauze pads that have been placed over the surgical area. Maintain constant pressure on the gauze for 30-40 minutes after leaving. You may replace the gauze if active bleeding occurs upon its removal. Apply constant pressure on new gauze for 30-40 mins as well.

SWELLING AND BRUISING

These are part of normal healing. Swelling normally increases for two to three days after surgery and then goes away gradually. Keep your head elevated (on several pillows) for 24- 48 hours after surgery.

USE ICE PACKS ON YOUR FACE OVER THE AREA OF SURGERY IN 15 MINUTE INTERVALS FOR 24 HOURS AFTER SURGERY. AFTER 24 HOURS DO NOT USE ICE, APPLY HEAT TO FACE AS NEEDED!

**This will significantly decrease and control the amount of swelling. Some bruising on your face is normal and may gravitate to areas below the site of your surgery. **

DIET

Good nutrition and adequate fluid intake is important after surgery. Immediately following surgery, a liquid or soft diet is suggested (milk shake, instant breakfast, soup, etc.) ***DO NOT USE A STRAW and AVOID HOT FOODS for 24 hours as it will cause bleeding.***

STITCHES

If stitches (sutures) have been placed in your mouth, they will dissolve and fall out on their own in 7-10 days. If they fall out sooner, do not be alarmed as this is normal.

LIMITED JAW OPENING

The opening muscles of the jaw tend to stiffen with surgery causing a restricted mouth opening. This will resolve in 7-10 days. You may stretch your mouth wide open with no fear of popping the stitches present.

NAUSEA

This is usually due to not eating or taking too much pain medication on an empty stomach. It may also be caused by not keeping firm pressure on the gauze and swallowing some blood after surgery. Small amounts of flat, clear carbonated beverages taken every hour for 5-6 hours usually helps. Gravol may also be purchased without a prescription. If nausea continues, please call the office at 250-768-7786.

SMOKING AND ALCOHOL

Smoking and alcohol both delay the healing process and may lead to complications such as dry sockets. **DO NOT** smoke or vape any substance for **one week after surgery** (this will cause significant pain.) **DO NOT** drink alcohol after your surgery or while taking pain medications or for **at least 48 hours** after.

KEEPING YOUR MOUTH CLEAN

Good oral hygiene is very important to ensure uneventful healing. Food left in the surgical area will increase the chance of infection.

***DO NOT** rinse your mouth or spit on the day of surgery.*

RINSING

Begin rinsing the day **AFTER** surgery; rinse with warm salt water 5 times a day for 5 days (one teaspoon full of salt in a tall glass of warm water). **DO NOT** use mouthwash or hydrogen peroxide as this will delay healing. Begin use of the curved syringe provided 5 days after surgery, on lower extraction sites only.

BRUSHING

You may begin brushing your teeth including **DIRECTLY ON THE SURGICAL SITES** using a soft toothbrush, the day **AFTER** surgery. (Using regular toothpaste is fine.) Please **DO NOT** use an electric toothbrush for **one week** after surgery or a Waterpik until **14 days** after surgery.

QUESTIONS AND EMERGENCIES

If you have any problems or questions, please call Carrington Dental Centre 250 768-7786