

INSTRUCTIONS FOLLOWING ORAL SURGERY

Bite on gauze for 1 hr and then change every 30-60 minutes until all bleeding has stopped. Some blood in your saliva is normal for the first day following surgery. If bleeding begins again, bite on more gauze or a slightly wet tea bag.

Discomfort and swelling

Some discomfort requiring medication can be expected after surgery. Take the medications that we have prescribed for you and follow the directions carefully.

Some swelling is normal and can increase during the first 3 days. Apply ice or a cold pack (we'll show you), alternating 15 minutes on, 15 minutes off, for at least 24 hours. This is very effective in minimizing post-operative swelling.

Diet

Keep up your nutrition but use common sense. Liquids (soup, milkshakes etc.) for the first day and soft foods for the next few days. Save the taco chips for next week! Avoid foods like rice, corn, toast, nuts and seeds for the first few days, as small particles could get into the socket area and cause a secondary infection. Keep fingers and tongue away from the operated area.

Avoid smoking and drinking alcoholic beverages for a **minimum** of 72 hours. Smoking can increase the risk of dry socket.

Also avoid sucking on straws, spitting, sucking on hard candies, etc. as these all cause pressure changes in your mouth and can disturb the early healing process.

Oral Hygiene

Do not rinse your mouth on the day of surgery. Start gently rinsing the next day with salt water - 1 tsp. per glass of warm water. Brush your other teeth as normal but avoid brushing in the area of surgery for a few days. As soon as you can brush without hurting the area, resume normal oral hygiene practices.

Sutures (stitches), if you have any, will dissolve within 1 week and do not require specific removal.

Your follow up appointment is _____

**If you have any questions or concerns, please call the office at:
604-576-8822.**