

## INSTRUCTIONS TO PATIENTS FOLLOWING ORAL SURGERY

- **BLEEDING:** It is normal for the saliva to be streaked with blood for a day or two. If heavy bleeding is present, fold sterile gauze and place it directly on the bleeding area. Maintain firm pressure by biting for 20 minutes. The gauze may be substituted by a warm soaked tea bag. The tannic acid in the tea bag has a clotting effect.
  - Immediately following your surgery, continue biting on gauze for approximately 15-30min or until bleeding has stopped.
- Keep fingers and tongue away from operated area.
- **SMOKING:** Smoking must be avoided for at least 24 hours, as it inhibits the healing process, as well can increase the likelihood of developing a painful condition known as DRY-SOCKET.
- Avoid drinking from straws or spitting as these can cause negative pressure effect in your mouth, which may result in a painful condition, called “dry socket.”
- **DIET:** Cold or lukewarm liquids may be taken for the first 4-6 hours, after this any soft food is permissible. Foods to avoid are things such as popcorn, nuts, chips, seeds or hard-shelled foods.
- **RINSING:** DO NOT RINSE THE DAY OF SURGERY to avoid dislodging the blood clot in the extraction site, although you may drink cool or lukewarm liquids.
  - Starting the day following your surgery, rinse your mouth lightly with a solution of 1/2 teaspoon of salt in 1 cup of lukewarm water. Continue to rinse this way following all meals, as well as in the morning and before bed.
- **PAIN:** Pain generally peaks 12-24 hours following the surgery, particularly after the local anesthetic subsides. If you have any discomfort, take what you would normally take for a headache, as directed on the label. If your doctor has provided you with a prescription for other methods of pain control, fill the prescription at your local pharmacy and follow directions given by your dentist.
- **SWELLING:** Swelling and bruising is not uncommon after oral surgery, with swelling usually peaking 2-3 days following surgery. Application of a cold compress to the outside of your jaw will assist in reducing the swelling.
- **SUTURES:** if you have required sutures, these can be removed without discomfort in approximately 5 days. If self-dissolving sutures have been placed, no removal is necessary.
- **ANTIBIOTICS AND OTHER PRESCRIPTIONS:** Follow all directions on the label of any prescriptions your dentist has provided you.

**PLEASE DO NOT HESITATE TO CALL OUR OFFICE IF IN DOUBT, OR IF YOU HAVE ANY QUESTIONS**

**If you are in extreme pain or bleeding uncontrollably, call our office immediately or proceed to your nearest emergency room in the event you cannot contact us directly and are experiencing an emergency.**

**CONTACT INFORMATION**

**DOWNTOWN DENTAL – 780-701-0049**

**DOWNTOWN DENTAL – SHERWOOD PARK (BENNETT DENTAL) – 780-467-2900**