

Patient Instructions for Care After Oral Surgery

What to expect

> Bleeding

It is normal to have some bleeding for about 24 hours following surgery:

- Bite firmly on a fresh gauze or moist tea bag on the surgical site for about 30 minutes.
- Typically 2-3 changes will be sufficient.
- Call 911 promptly if your mouth continuously fills with blood.

> Pain

- For the normal discomfort following surgical procedures (like extractions), take medication as prescribed or recommended by your dentist or Oral and Maxillofacial Surgeon.
- Pain medication works better if started before the onset of pain and taken on a regular schedule.
- Anti-inflammatory pain medication such as ibuprofen is preferable as long as it does not interfere with your other medications or medical conditions. Ask your dentist, MD or pharmacist if you are unsure.
- Severe pain starting 24-48 hours after extraction may be indicative of a dry socket. Call your dentist as soon as possible for an appointment.

> Swelling

- Swelling and bruising often occur after surgery. Swelling typically increases for the first three or four days, then gradually subsides over the following three to seven days. If the swelling causes difficulty swallowing or breathing, phone 9-1-1 immediately.

> Numbness

- Numbness may occur in the lip or tongue especially after lower jaw surgery - this generally resolves in time. Please let your dentist know if this occurs.

> Nausea

- Occasionally patients feel sick to their stomach (nauseated) for the first few days following surgery. Drinking carbonated water may be helpful. Call your dentist if this is a persistent problem.

Post - surgery instructions

- **Take all medications** as recommended.
- **Drink a lot of fluids** and eat soft, lukewarm food the first day.
- **Avoid spitting or sucking** on a straw during your first day following surgery. It is important for smokers to **refrain from smoking** during the first 24 hours after surgery.
- **Do not rinse your mouth** on the day of surgery. On the second day, rinse every four to six hours with a cup of warm to hot water mixed with 1/2 teaspoon of salt. Continue this for approximately one week.
- **Avoid excessive physical activity and alcohol** for the rest of the day following surgery.
- **Start tooth brushing** carefully the day after surgery.
- If you are taking birth control medication and antibiotics are prescribed for your surgery, be sure to **use an additional means of contraception** for the duration of your cycle.

Call our office if you have any questions
or concerns about your healing process:

Lougheed Dental Clinic

604-421-2112