

## Oral Surgery Post-Operative Instructions

- Please take any over-the-counter pain medication (such as Tylenol or Advil) or prescribed pain medication and/or antibiotics as directed. Take any pain medication before the freezing wears out.
- **Bite firmly** on the gauze that has been placed on the extraction site, and then change the piece of gauze every 10-15 minutes until you see that bleeding has stopped.
- **Some blood may ooze from the surgical site for the next 24 hours and is normal.** If excessive bleeding begins again, place a damp gauze or moistened tea bag (if you run out of gauze) directly over the site and bite firmly for 30 minutes. Excessive bleeding 24 hours after the extraction needs to be treated by the dentist, so please call the clinic.
- **Do NOT rinse your mouth or brush your teeth for the first eight hours after surgery.** After that, you may rinse GENTLY with warm salt water to keep the area clean every 2-3 hours for the following week. **\*\*\*Do not use Listerine/Scope for 3-4 weeks as it will irritate/burn the surgical site\*\*\***
- Tomorrow attempt normal oral hygiene by brushing around the extraction site. Keeping the extraction area clean will promote faster healing.
- When you get home **apply ice packs to the area** (10 minutes on – 10 minutes off) for the rest of the day to control swelling. Swelling will reach its peak at 24 hours post-surgery and will linger up to 72 hours after surgery.
- You may experience some **bruising which is completely normal** around the area of your surgery and there may also be some **jaw-muscle stiffness**. Opening of your jaw may be limited, but try to open and close your jaw to loosen the muscles up. It may take up to 2-3 weeks for your jaw to open normally.
- **DO NOT SMOKE OR DRINK ALCOHOL for at least 24-48 hours post-surgery** as these substances interfere with healing and promote blood-clot break-down. If the pain in the extraction site becomes intense and unbearable with a bad odor and/or taste, you may be developing **DRY-SOCKET** (break-down of the blood-clot). If you suspect you are developing dry-socket, contact our office immediately to book an appointment to be seen as soon as possible.
- **Avoid lifting/strenuous activity** during the first 48 hours post-surgery as this can cause bleeding to begin again.
- **Drink large volumes of fluids**, but DO NOT drink through a straw. Avoid disturbing the area with your tongue or other objects. Cold/warm and soft foods such as ice cream, soup or yoghurt are examples of food that can be consumed the first day. You may return to your regular meals once the first 24 hours are over.
- If stitches have been placed in the surgical area, the dentist will inform you if they will fall out on their own in 7-10 days or whether you need to return to have them removed.

**Please call our office at (403) 280-3232 if you have any questions, experience discomfort that cannot be controlled by your pain medication, have excessive bleeding that cannot be controlled by biting on gauze or have increased swelling or pain after the third day following surgery.**