



## Oral Surgery After Care

*What to expect:*

### **Bleeding**

It is **normal** to have some bleeding for **24hours** following oral surgery

- Bite firmly on fresh gauze, or a moist tea bag, placed on the surgical site for approx. 30 minutes.
- Typically, 2-3 changes of material will be sufficient.
- If bleeding excessively call our emergency line (604 620 4660), or attend the emergency room promptly if your mouth continuously fills with blood.

### **Pain**

Normal discomfort following surgical procedures, take medication **as prescribed or recommended by your dentist.**

- Pain medication **works better if started before** the onset of pain, and taken on a regular schedule.
- Anti inflammatory pain medication (IB Profin) is preferable as long as it does not interfere with your other medications or medical conditions. If unsure **ask your Dentist, MD or pharmacist.**
- Severe pain starting 24-48 hours after extraction may be indicative of dry socket. Call your dentist to request an appointment as soon as possible.

### **Swelling**

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

### **Numbness**

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

### **Nausea**

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



## Post Surgery Instructions

- Take **all medications** as recommended
- **Drink lots of fluids.** Eat soft lukewarm food for the first day.
- **Avoid spitting or sucking** on a straw during the first 24 hours following surgery. **DO NOT smoke at all** during the first 48 hours. Avoid smoking for as long as the extraction site is healing.
- **Do not rinse your mouth on the day of surgery.** On the second day rinse every four to six hours, using a cup of warm water mixed with a teaspoon of salt. Continue this for one week.
- **Avoid excessive physical activity and alcohol** for the rest of the day following surgery.
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- Start tooth brushing carefully the day after surgery.
- If using birth control, and antibiotics have been prescribed to you for the surgery, be sure to use **additional means of contraception** for the duration of your cycle.

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