

INSTRUCTIONS FOLLOWING ORAL SURGERY

Bleeding

1. Change gauze every 30 - 60 min. as required to a maximum of 2 hours.
2. Blood streaked saliva and minor oozing is normal for the first 3 days.
3. If extensive oozing occurs, place a damp gauze directly over the surgical site and bite **firmly** for **one hour**. A moistened tea bag may also be used.
4. Semi-sitting position is suggested with rest while attempting to control bleeding.
5. Avoid spitting as this may trigger bleeding.
6. If these measures do not stop the bleeding, please phone our office.

Swelling

This is normal and can increase during the first three days. It generally takes 10-14 days to disappear. Ice bags wrapped in a towel can help reduce the swelling if applied 30 min. on, 30 min. off for the first 24-48 hours. If swelling increases in tenderness or firmness please call our office.

Pain

Post operative pain requiring medication usually persists 3-4 days after surgery. If the pain gets worse after the third day, or if any of the following symptoms appear: increased pain, ear ache, headache, light headedness, dizziness or nausea (referred as Dry Socket) please call our office.

Eating

Although a regular diet may not be possible for a few days, nutritious liquids and soft foods should be taken (e.g. juices, soups, shakes). Do not use a straw for the first 4 days. Avoid hot fluids while your mouth remains frozen.

Smoking

Smoking for the first 4 days is not advised as chances of Dry Socket are increased.

Sutures

Sutures hold the tissue in place, do not attempt to remove them yourself. Avoid manipulating them with your tongue or fingers. Unless otherwise directed they will dissolve in 7-14 days. It will take 4-6 weeks for the gum to close over the surgery site.

Oral hygiene

Do not rinse the mouth today. Start rinsing tomorrow with warm water (1/2 teaspoon salt to a glass of warm water) after each meal and at bedtime for 1-2 weeks. Cleaning of teeth and gums and other soft tissues must be done after eating. Use soft brush or gauze wrapped around the finger to clean.

At any time of the day or night, if the need arises, please feel free to call our office. After 5 o'clock p.m. or on holidays or weekends, phone our answering service at

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