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CARE FOLLOWING ORAL SURGERY

BITE firmly on the gauze sponges placed on your surgical area(s) for 1 hour following surgery. Do not clench your teeth; just hold your teeth together on the gauze.

BLEEDING...If bleeding continues, bite **FIRMLY** for 1 hour on clean gauze or a slightly wet tea bag. Repeat this procedure hourly until bleeding stops and it no longer bothers you. (oozing is not uncommon for 24 hours post-operatively). **DO NOT** use cotton balls.

MEDICATION...Remove gauze sponges and take pain medication (if medication not given at the office) within 2 hours of your surgery and prior to the local freezing coming out. It is important to take your pain medication promptly and as prescribed for the first two days as necessary. Take medication with food or nutritious liquid to avoid stomach irritation. If nausea occurs, drink flat cola or gingerale to settle – Gravol tablets, liquid or suppositories may be taken as prescribed if necessary. Be sure to finish all prescribed antibiotics as directed.

APPLY AN ICE PACK to the side of your face to which surgery was performed. Alternate 10 to 20 minutes on and 10 to 20 minutes off – for the first 24 hours following surgery while you are awake.

SLEEP with head and shoulders **ELEVATED** on an extra pillow for a few days (This helps control swelling). Swelling will occur and can increase for the first three days and then will normally subside.

SOFT FOODS AND LIQUIDS are recommended for the first few days after surgery. Avoid rice, corn, toast, seeds and nuts for at least 5 days following the surgery as small particles may get caught in the socket area and cause a secondary infection. **DO NOT** use a straw for the first 24 hours. Sucking may loosen the stitches and blood clots and cause unnecessary bleeding.

RINSING...**DO NOT** use mouth wash, spit or rinse your mouth the day of surgery – you do need to start gently rinsing the next morning with warm salt water (1tsp./5cc salt to 1 glass (250ml) of warm water) Rinse several times a day for 10 days especially after meals. Slight bleeding will occur with rinsing and gentle teeth brushing for up to 10 days post operatively. Avoid using mouthwash during the healing phase as it tends to dry out the mouth tissues. If you received **chlorhexidine** rinse please use instead of saline.

USE A SOFT TOOTH BRUSH to brush your teeth the day following oral surgery, however, **AVOID** brushing in the sutured areas for at least 5 days following surgery.

STITCHES will dissolve on their own in 3 to 5 days following surgery. Frequent saline rinsing will assist the healing of the surgical sites and the natural dissolving of the sutures.

REST and avoid excessive activity for 48 hours. Do not operate a vehicle or machinery for 24 hours if you have had Intravenous Sedation.

REFRAIN from smoking for a minimum of 72 hours. Smoking will increase the risk of a post operative “dry socket”.

REFRAIN from alcohol while taking any medications for a minimum of 72 hours. Alcohol may worsen the side effects of your prescribed medication.

IF SINUS INVOLVEMENT: Do not blow your nose for two weeks, but wipe gently. If your nose becomes plugged, use nasal spray as directed by the oral surgeon. Sneeze with your mouth open, to reduce the pressure on your sinus.

FOR OUR FEMALE PATIENTS...Please be advised that taking prescribed antibiotics while taking the birth control pill will in all likelihood render your birth control pill ineffective for a full cycle.

PLEASE CALL our office or answering service should you have any questions relating to your oral surgery.