

**SIGNATURE DENTAL**  
*Family Dentistry*

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**INSTRUCTIONS FOLLOWING ORAL SURGERY**

**BLEEDING:** Bite firmly on the gauze pad for 30 minutes to form a good blood clot. Keep changing the gauze every 30 minutes until the bleeding subsides. Some slight bleeding and discolouration of the saliva is normal for the first 24 hours. For persistent minor bleeding (over 6 hours), biting on a damp tea bag may also assist the clotting process. If this is unsuccessful, you will require professional assistance to stop the bleeding.

**PAIN:** Some pain is normal following surgery. If given pain medication, take it as instructed. Stomach upset or nausea may be minimized by taking the medication with milk, drinking Ginger Ale, or if needed, Gravol (50 mg) every 4 hours. Please call the office if the pain medication does not help or if the pain persists for more than 3 days after surgery (You may have "dry socket").

**SWELLING:** Some swelling can be expected after surgery. This can be minimized by keeping your head elevated and applying ice packs to the affected area of the face (bags of frozen peas or corn wrapped in a tea towel work very well). Swelling can increase up until the third day, then gradually subside. Swelling that starts after three days may be due to infection and you should notify us of this immediately.

**BRUISING:** This is caused by blood in the tissues which rises to the surface of the skin, producing discolouration. This usually appears the day after surgery. Warm, moist heat will help the skin to return to its normal colour.

**MOUTH CARE:** Do not rinse the surgical area for the first 24 hours (this will disrupt the clot). Starting the day after surgery, gently rinse your mouth with warm salt water (1/2 tsp. in a cup of warm water) after every meal and at bedtime for at least 1 week. Resume brushing your teeth the day following surgery.

**DIET:** Avoid hot foods and alcoholic beverages the day after surgery. Drink plenty of fluids such as fruit juices, soups, milk and milkshakes. For the rest of the week, soft foods are recommended (Instant Breakfast, yoghurt, eggs, cheese, puddings, ice cream, bananas etc.)

**SUTURES:** If sutures were placed, you will have to return in 1 week to have them removed. Some sutures will dissolve on their own within 5-7 days.

**GENERAL INFORMATION:** Please refrain from smoking, blowing your nose, spitting, or sucking on a straw for a minimum of 3 days following surgery. Limit your physical activity and get plenty of rest. Occasionally minor complications may occur. Please do not hesitate to call if you experience any chills, fever, weakness or severe pain during the next few days (this could be the result of infection or dry socket).