



# POST SURGERY INSTRUCTIONS

## BLEEDING:

A small amount of blood mixed with saliva is normal for the first day. Leave the gauze in place for 15 minutes at a time, as this will help the area to clot and start healing. Keep changing the gauze as necessary until you feel comfortable with how much it is bleeding. Most bleeding will stop within the first 1 or 2 hours following surgery. Remove the gauze before eating, drinking or sleeping and replace as necessary. If prolonged bleeding persists:

- a) *keep your head elevated and avoid excess activity*
- b) *take an ordinary wet teabag, place it directly over the bleeding area and bite down firmly for 20 minutes. Repeat this procedure as necessary as there is a substance in the tea that will help your blood clot.*

## RINSING

Do not rinse your mouth until the following morning. Rinse your mouth gently with a glass of warm water mixed with a teaspoon of salt 3 to 4 times a day, for several days.

## HYGIENE:

You must brush your teeth regularly, just be gentle around the operative site.

## FOOD:

Soft foods and lukewarm liquids are recommended for the first few days. While you are numb, check the temperature of foods that have been heated because with local anaesthetic it is easy to burn yourself and not realize it. The only dietary restrictions are to use common sense (e.g. no popcorn, peanuts or pretzels). Eat soft foods.

## ACTIVITY:

Quiet activity is recommended for the first 24-48 hours.

## MEDICATION:

If there is any discomfort you may take Tylenol, or 222's. If a prescription for a stronger pain killer has been given to you, you should start taking it within one hour of getting home before the local anaesthetic wears off. If antibiotics have been prescribed take these as directed until the prescription is finished.

## SWELLING:

Swelling is a normal body response and is common following surgery. To minimize swelling it is advisable to use a bag with several ice cubes, placed on the outside of the jaw over the surgical area. Apply for 15 minutes, then off for 15 minutes and repeat for about 4 hours the 1st day only.

## NOTE:

Occasionally paraesthesia (numbness) remains after surgical extractions which usually is temporary in nature.

**If you require our help, please call the office you've been treated at, or call our Head Office at (416) 293-4119.**

**When our office is closed, you may contact the Dental Emergency Hotline at (416) 485-7121.**