

Instructions following Oral Surgery

Today we performed an outpatient surgical procedure for you in the clinic. Following our instructions carefully will allow you to heal as quickly as possible with the minimum risk of complications.

For today:

- **3 DOs:** apply an ice pack around the site; take pain medication within 1 hr following your appointment; eat soft foods
- **3 DON'Ts:** drink through a straw, rinse your mouth, spit in order to keep the clots in place

For tomorrow:

1. Gentle salt water rinses (1 teaspoon of table salt in one cup of warm water) 3 times daily for 3 days
2. Apply heat around the surgical site 3 times(15 minutes) a day for 3 days
3. Expect to take 3 more days of pain medication

What to expect:

- **A small amount of bleeding is normal** over the 2 to 3 days.
After the appointment, replace the gauze every hour with a new one until bleeding subsides. If the area is bleeding more than normal, apply extra pressure onto the site with gauze.
- **A small amount of discomfort is normal**
The surgical site may be sore when the freezing comes out. For this particular surgery we recommend:
 - o Tylenol (Acetaminophen) or Advil (Ibuprofen); whatever you might take for a headache. This should be all you will require, or
 - o We have prescribed you additional pain medication. Please take as necessary, do not exceed the maximum dose.

- **Leave the surgical site alone**

In the surgical site, especially if it's an extracted tooth socket, a blood clot will form. This blood clot is important for healing; dislodging it will make the site take longer to heal and may cause a dry socket(complication)

For the rest of the day **AVOID** heavy activity, chewing in the area, rinsing vigorously, rinsing with anything hot, using straws and especially smoking. By leaving the surgical area alone, you will avoid the majority of potential post-surgical problems. If sutures (stitches) were placed, your tongue will want to play with them but do leave them alone.

They are either:

- o Dissolving/resorbable stitches: they will come out by themselves in several days, or
- o Non-resorbable: you will need an appointment to have these removed in 2 weeks, or
- o No stitches were required at today's appointment

- **Take it easy and look after yourself during healing**

Over the next week your body will be working hard to repair the surgical site. Get plenty of rest and eat well. If we have prescribed you an antibiotic or post-surgical vitamin supplement, make sure that you take them as necessary until gone.

As always, we are prepared to do whatever is necessary to provide you with the best care. If you have any questions or concerns, please don't hesitate to contact our office. Please call us at **(780)467-2401** during regular office hours should there be any complications or concerns. Our after-hours emergency number is **(780)807-3588**