

# FOLLOWING YOUR ORAL SURGERY

## WHAT TO EXPECT

After your oral surgery you may experience some discomfort, bleeding and/or swelling are after having a tooth removed. The following are guidelines to follow which will help the healing and lead to a quicker recovery.

## DISCOMFORT

For mild pain after the local anaesthetic ("freezing") goes away, you can take 2 Extra-Strength Tylenol (avoid Aspirin) every 6 hours. If we have given you a prescription for stronger pain medication, you can take one tablet when you arrive home. Then follow the directions for the prescription. Certain persons may experience an upset stomach from such medicine. If this occurs, take the pills after having something to eat.

## BLEEDING

To help reduce the bleeding from the socket, you have been given a pack of gauze. **Bite on the cotton roll/ gauze as hard as you can until the freezing is completely gone.** This is usually a little longer than two hours.

You should remove the pad every 10 minutes and replace it with new gauze. Also, to promote the blood to clot: Bite on gauze till bleeding stops. This may take 1 to 4 hours depending on the surgery, minimize talking. Be careful that you do not dislodge the blood clots from the surgery site. It is important that the blood clots stay in place for several days after surgery.

Do not suck on straws; do not stick your tongue or fingers into the surgery site; do not chew food near surgery site; refrain from smoking, alcohol, and hot liquids. All of these actions will dislodge blood clots in the surgery site. **DO NOT DO ANY VIGOROUS RINSING or SPITTING.**

Starting tomorrow, gently rinse your mouth frequently with a solution of 1 teaspoon of salt in a 8oz glass of warm water. Continue this for a few days.

- Take all medications as directed for as long as indicated.
- Keep your head elevated and avoid excessive activity.

- Avoid smoking for 48-72 hours and drinking alcoholic beverages for 48 hours.

If you wish, you may take some Tylenol (Acetaminophen) or Advil (Ibuprofen) after the freezing is gone. This will likely not be needed.

## DIET

Cold or lukewarm liquids maybe taken for the first 4 –6 hours. After this any soft food is permissible. For the first 24 hours, you should only take fluids or soft foods. Avoid any hot food. Good suggestions are eggs, custards, yogurts, soups and pasta.

## BLEEDING

It is normal for the saliva to be streaked with blood for a day. If frank bleeding is present, fold sterile gauze into a firm wad and place it directly on the bleeding area. Maintain firm pressure by biting on the gauze. Gauze may be substituted with a soaked black tea bag. The tannic acid in tea has a clotting effect.

## SWELLING AND DISCOLOURATION

Swelling and discolouration is to be expected in certain areas, usually reaching its maximum two days after surgery. It will disappear gradually and is not a cause for concern. If desired, ice pads may be applied for the first 4 to 6 hours only, alternating for 20 minutes on and 20 minutes off.

## SUTURES (STITCHES)

If sutures are required, they will be removed without discomfort in about 5 to 7 days. An appointment will be made for you. Do not hesitate to call the office if in doubt.

## ORAL HYGIENE

After surgery, it is important to keep your teeth as clean as possible. At first, only brush the teeth away from the

extracted area. The next day, you may start using warm salt water rinses (1 tsp salt in 8oz glass water) approximately 3 times a day. Continue this for 1 week.

## ACTIVITY

Generally, it is advised that you relax and rest in a chair the day of the extraction and avoid any significant physical activity. This will promote your healing.

## DIET ADVISE FOLLOWING AN EXTRACTION

SOLIDS	LIQUIDS
Ice Cream <i>(No nuts or small candy pieces)</i>	Fruit Juices
Milk Shakes <i>(Do Not Use a Straw)</i>	Water
Jell-O	Milk
Pudding	Very lukewarm beverages
Mashed Potatoes & Gravy	Gatorade
Macaroni and Cheese	Ensure Nutritional Drink
Yogurt	Carnation Instant Breakfast

**DO NOT HESITATE TO CALL THE OFFICE IF IN DOUBT**

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**\*\*REMEMBER:** Law of gravity - everything goes down. You may experience food getting trapped in the sockets. On the 2<sup>nd</sup> day after extractions, you may start rinsing your mouth with warm saltwater (8oz glass of warm water with 1 teaspoon of salt).

Remember, your case is individual and no two mouths are alike. Try not to accept well-intended advice from friends. Discuss your dental concern with the person best able to effectively help you, Dr. Sharma.