

## Oral Surgery Post Operative Instructions

Some bleeding or oozing up to 24 hours after oral surgery is common. However, you can minimize this by:

Firmly biting on moist gauze for at least one hour after surgery or until most oozing stops

Limiting physical activity for the first day after surgery

**For persistent minor bleeding(over 6 hours) biting on a tea bag will help**

### **Swelling**

Some swelling occurs after most surgical procedures and especially after wisdom teeth surgery.

The amount of swelling is usually proportionate to the surgery performed and reaches its maximum in about 48 hours and diminishes after. A small amount of residual swelling may persist a week or more after surgery. However, if swelling increases after that or is accompanied by drainage, please contact us.

You can minimize swelling by:

Keeping your head elevated, especially when sleeping

Using ice or cold packs on the face adjacent to the surgery site during the first 12 hours after surgery. Use cold for 10 minutes on then 10 minutes off.

### **PAIN**

Post-operative soreness and pain is common after oral surgery. In most instances it reaches

a peak within the first 24 hours after surgery, and then diminishes.

Normally you will be given either prescription for pain medication or specific recommendations for non-prescription drug use. Please follow those instructions and if pain is still not adequately controlled, please call us.

### **DIET**

After initial bleeding stops, its best to ingest clear fluids such as apple juice, or broth the first day after the first day after surgery. Afterwards, a regular diet is fine, provided you do not chew food on the surgical site until healing is complete.

### **ORAL HYGIENE**

Your surgical site must be kept clean in order to promote rapid healing and avoid infection. Avoid brushing near the surgical area for the first week.

The next day, you can rinse your mouth after every meal with lukewarm salt water containing 1 teaspoon of salt per 8 ounces water. Non-alcohol mouthrinses can also be used after the first day.

### **AVOID**

**Smoking, spitting, rinsing, or drinking through a straw after at least 24 hours after surgery as these habits interfere with healing.**

The following conditions may occur after removed of wisdom teeth

Pain with swelling and earaches

Difficulty opening your mouth (trismus)

Numbness of your lip or tongue

Minor realignment of adjacent teeth

Soreness of the corners of the mouth

Bruising of your face, neck, and chin

If you have any concerns or an emergency please call us at **604-266-8602**.