

# Post Operative Instructions



Clarence Street  
DENTAL Group

- Bleeding:** A small amount of bleeding is normal for a few days. If bleeding is excessive, place a thick gauze pad directly over the wound and bite for 30 minutes. Remove any large blood clots as they may hold the wound open, and then place direct pressure on the areas as described. For stubborn bleeding use a moist tea bag directly on the site instead of the gauze. **DO NOT EXPECTORATE** (spit out). Do not "suck" on the wound site for the next few days. You may disturb the blood clot, causing bleeding and slow healing. If you are still bleeding after this, please contact our office.
- Pain:** Pain following oral surgery is expected for a few days up to a week depending on the extent and difficulty of your surgery. It should be relieved by the medication prescribed. **DO NOT DRINK ALCOHOL WHEN TAKING STRONG PAIN PILLS. IF POSSIBLE, PAIN PILLS SHOULD BE TAKEN WITH FOOD.**
  - A. You have not been given a prescription for pain. You should not experience much discomfort. Take Advil or Tylenol for mild discomfort. Please note that soreness and swelling often peak at 48 hours after surgery. If the pain is more than these drugs can handle, please call us for a telephone prescription to your nearest pharmacy.
  - B. You have been given a prescription for pain. You may elect to try managing the discomfort with Advil or Tylenol before filling the prescription. If these drugs do not control the pain, please get the prescription filled.
- Antibiotics:**
  - A. You have not been given an antibiotic. It does not appear that you will need antibiotic therapy as long as you follow the instructions you have been given.
  - B. You have been given a prescription for an antibiotic. Please take the medication carefully as instructed.

**\*NOTE: If an antibiotic is prescribed, all female patients utilizing birth control pills must be advised that you need to use an alternative method of birth control during this time.**
- Swelling:** The amount of swelling depends on the difficulty of the surgery. It peaks in 2-3 days and lasts up to a week.
  - A. Ice pack applied to the area for the first day or two will decrease the amount of swelling. Use the ice pack intermittently, 20 minutes on, and then 20 minutes off, on the outside of your mouth.
  - B. Not necessary for your surgery.
- Nausea:** Post-operative nausea may be due to the anaesthetic or narcotic pain relievers. It may help to take food along with your pain pills, as the narcotics cause more upset on an empty stomach. If necessary, Gravol may be purchased at most pharmacies, and should be taken as directed.
- Fever:** A slight fever is expected for a few days. If the fever is high or prolonged, our office should be notified.
- Fainting:** Light-headedness or fainting may occur. Lie down and elevate legs with a pillow.

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8. **Discolouration and Sutures:** Bruising of the skin is variable. It can last 1-2 weeks and is not cause for alarm. Sutures (stitches) will dissolve and/or fall out in 7-14 days.
  - A. Sutures were not placed.
  - B. Dissolvable sutures were placed. No need to return for suture removal.
  - C. Nondissolvable sutures were placed. We will make an appointment for you to have the stitches removed.
9. **Rinsing:** DO NOT RINSE YOUR MOUTH, DO NOT DRINK THROUGH A STRAW, DO NOT SMOKE FOR AT LEAST 24 HOURS! After the 24 hours you can begin brushing your teeth (but be gentle) and rinsing with diluted salt water (1tsp salt to 4oz water). Remember that a clean wound heals better and faster.
10. **Diet:** Start drinking as soon as you get home (NOT THROUGH A STRAW) It is imperative to maintain an adequate intake of fluids (Eight x 8oz. glasses per day). Start on fluids and change to a soft diet, as chewing becomes more comfortable. Do not eat or drink hot foods today, as this may dissolve or loosen the healing blood clot. Eat cool, soft, nutritious foods.
11. **Smoking/Alcohol:** Avoid both of these for the next 48 hours. Smoking can cause infection which could lead to a dry socket. Alcohol thins the blood which prevents the extraction site from properly healing.
12. **If you had SEDATION or GENERAL Anaesthesia:** DO NOT operate a vehicle, hazardous machinery, take public transit or consume alcohol for 48 hours OR if you are taking NARCOTIC PAIN RELIEVERS. These precautions may need to be extended for greater than 48 hours if your drowsiness or dizziness persists.

**You should be healed from this surgery very soon.**

**Please call 519.756.8080 if any questions arise.**