



Following Oral Surgery:

- ➊ **Bleeding** – Leave the gauze pad over the area operated on for 30 minutes, holding it in place with moderate biting pressure, after which it should be GENTLY removed. Change the gauze every 30 minutes until the bleeding is controlled; not necessarily stopped, but controlled. The slight bleeding is beneficial. If bleeding is excessive and should persist, do not become alarmed. Remove any clots with a piece of gauze and rinse the mouth with ice water. Form a piece of gauze to a thickness that can be placed directly over the bleeding area and will not allow the teeth to come together when you bite down. Hold in place firmly for 30 minutes and repeat until bleeding is controlled. Rest 3 to 4 hours following surgery. **DO NOT RINSE THE MOUTH FOR THE FIRST FEW HOURS FOLLOWING SURGERY. DO NOT SMOKE** for a period of 24 hours following surgery. **NO SPITTING** or **SUCKING** on a straw the day of surgery.
- ➋ **Pain** – If you were given a prescription for painkillers, have it filled immediately and follow the instructions accompanying the drug as to its use. **DO NOT TAKE THE MEDICATION ON AN EMPTY STOMACH** or you may end up feeling nauseous. Try and take the pain medication as soon as possible after surgery, even if the area is still numb. Don't wait for the anaesthetic to wear off. Again, **ALWAYS TAKE FOOD WITH YOUR PAIN MEDICATION**
- ➌ **Swelling** – When extensive surgery has been done about the face, swelling or discolouration is not unusual. Maximum swelling occurs 48 hours after surgery. On the day of surgery, keep face cold with ice pack – 30 minutes out of every hour. Smooth Vaseline on the face and lips to avoid dryness and burning of the tissues. Ice should be kept on until bedtime of the day of surgery and all day of the following day, if at all possible.
- ➍ **Oral Hygiene** – The operative areas must always be kept clean. 8 hours following surgery, use warm salt water (1/2 glass of warm water a tsp. of Salt) as a gentle mouth rinse after every meal and at bedtime. This may also be used in between meals. Start brushing the teeth after every meal the day following surgery. Remember to include the teeth around the extraction site, since this will help prevent infection.
- ➎ **Diet** - An adequate diet **MUST** be followed to insure a speedy recovery. Immediately following surgery, liquid or soft foods are recommended and should be continued for several days. We realise that the consumption of food may be difficult, but an adequate diet is essential for proper healing.
- ➏ **Sutures** – Will dissolve and you do not have to return to have them removed. You will be made aware of this at the time of your surgical procedure. Do not be alarmed if the sutures become loose or bothersome.
- ➐ **Infection** – If you were given a prescription for antibiotics in case of any infection, the directions must be followed. Please be aware of possible interference with birth control pill during antibiotic usage. Contraceptives may be rendered less effective when taken concurrently with antibiotics. We recommend an additional method of contraception for the rest to that cycle's package of pills. Infection can be a serious problem if not taken care of properly.

NOTE: Some bleeding, swelling and pain are expected during the first several days, however if you are running a temperature or are excessively concerned about the condition of your mouth, please feel free to give us a call on: 07 3263 8632