Dental Surgery
Post Operative Instructions
Patient Information

www.interiorhealth.ca

The instructions outlined here are recommended to ease your discomfort and promote rapid healing.

If, for any reason, you are concerned about your condition, please notify your dentist.

Additional Comments:

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1. Bleeding - some oozing is normal and may occur for up to 24 hours or more following surgery and can be controlled by firm biting pressure on several gauze pads placed over the tooth socket. Replace pads as necessary and continue this for the first day until bedtime.
2. Swelling - To varying degrees, this is a normal event after oral surgery. Some bruising or skin discoloration will also occur. The maximum swelling and jaw stiffness normally occurs 2-3 days after surgery. Ice packs for short periods off and on, while awake, (15 min. on and 15 min. off) during the first 48 hours following surgery are comforting and helpful to reduce this. Moist heat on or after the 3rd day may help jaw soreness and aid in the healing process.
3. Pain - The greatest amount of discomfort is in the first 6-8 hours after surgery. Take the prescribed pain medicine as directed. Aspirin (ASA) or Aspirin-containing medicines may make bleeding/oozing worse - avoid these medications.
4. Mouth Care - Use gentle salt water rinses (1glass of warm water mixed with 1 tsp. salt) at bedtime of the surgery day and, thereafter, as often as you wish. This is helpful in reducing swelling and infection of tissues. As well, it will rinse away the small amounts of blood and tissue in the mouth during the initial 3 days after surgery.
5. Diet - Adequate diet is important. Increase diet as tolerated. Drink a lot of fluids. Avoid excessive chewing on the surgery site. Do not smoke or suck on a straw for 5-7 days, if at all possible.

Notify your Dentist or go to the Emergency Department if:

1. **If any unusual reaction develops with taking your medicine (rash/itching), stop the medication**
2. **Fever**
3. **If swelling and discomfort worsens after the 4th day following surgery**
4. **Foul discharge from the surgery site**
5. **Difficulty swallowing**

If necessary, follow-up with Dr. _____

Interior Health

828106 May 28-09

Healthlink BC

Dial 8-1-1
Talk to a Nurse 24 hours/day, 7 days/week
Pharmacist available between 5 p.m. - 9 a.m. daily
Dietitian between 9 a.m. - 5 p.m. - Monday to Friday
www.healthlinkbc.ca