



GENERAL INSTRUCTIONS FOLLOWING ORAL SURGERY – Tooth Extraction | Bone Graft | Implant | CT Graft

Surgery of the mouth, like surgery in other parts of the body, requires careful attention to post-operative care in order to minimize discomfort and possible complications. Here are some important directions to assist your recovery.

Diet:

- Good nutrition is essential to healing, so be sure to eat well-balanced meals during the course of treatment.
- It is also important to drink plenty of fluids during this time.
- Avoid use of a drinking straw for the first two days after surgery.
- Soft, cool foods and liquids will be easier to eat. Avoid hot fluids.
- Return to a normal diet as tolerated unless otherwise directed.

Exercise:

- Avoid strenuous physical activity during your immediate recovery period, usually 4-5 days.
- It is advisable not to work out for one week following surgery.
- Try to avoid sudden movement and bending.

Oral Hygiene:

- Wound cleanliness is essential to good healing – do not touch the surgical site for any reason other than to cleanse the area.
- Brush your teeth normally on the first five days following surgery, but avoid any contact with the wound whatsoever.
- If chlorhexidine mouthrinse has been provided, gently rinse 20 mL (1 small capful) for 60 seconds twice per day for 2 weeks – at least 30 minutes after brushing.
- If you have not been provided with chlorhexidine, rinse your mouth with warm salt water (1 teaspoon of salt in a small glass of warm water) at least 24 hours after surgery and continue to rinse after eating for 10 days.
- Avoid antiseptic mouthwash for 1 week.

Bleeding:

- Some oozing is normal for 24-48 hours. Excessive bleeding can frequently be controlled by biting with pressure on damp sterile gauze directly on the bleeding site. You may also use a damp black tea bag.
- Change gauze every 30 minutes as needed until bleeding subsides. If bleeding starts again, these above measures often control it.
- Keep head elevated, minimize activity, and avoid spitting. Do not touch or brush the wound in the first 48 hours.

Swelling:

- Some swelling may occur several hours after surgery, reaching a maximum within 3 days.
- Apply an ice pack on cheeks as much as tolerated for the 1st 48 hours – 15 minutes on and 15 minutes off at a time. After the second day, warm packs applied to the cheeks may help to diminish swelling and stiffness.

Pain & Medication:

- Before the anesthetic diminishes and the sensation starts to return, begin to take the prescribed or over-the-counter pain medication as directed.
- Experience in pain is extremely variable - take prescribed pain medication as needed.
- Do not exceed 2400 mg ibuprofen (Advil) [e.g. 200-400 mg every 4-6 hours as needed] & 4000 mg acetaminophen (Tylenol) per day [e.g. 325-650 mg every 4-6 hours as needed] – ibuprofen & acetaminophen may be alternated throughout the day
- Taking your pain medication with food may help to prevent nausea.
- If an antibiotic is prescribed, finish the prescribed medication. Note: antibiotics decrease the effectiveness of the birth control pill; therefore, it is recommended that another form of birth control be utilized at this time.
- Do not drive or operate machinery if taking Tylenol #3 or a sedative such as halcion (triazolam) – can cause drowsiness.

Miscellaneous:

- Difficulty in opening and closing the mouth, bruising, and difficulty swallowing are conditions that sometimes occur. These are normal post-operative conditions, and will resolve in time.
- Avoid air travel for 4-5 days following surgery – pressure changes experienced during flying may cause bleeding & discomfort.
- Avoid smoking for 1 week to prevent complications in healing, such as dry socket or loss of bone graft material.
- The trend should be towards improvement beyond the third day. If after the third day, there is obvious worsening of the symptoms, please call the office.

*IF YOU HAVE ANY QUESTIONS OR CONCERNS WHATSOEVER,
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