



Post-Operative Instructions following Oral Surgery

Special consideration must be given to wounds of the mouth following the removal of teeth or other surgery of the mouth and jaws. Proper home treatment is exceedingly important, and our interest in your case does not cease with the completion of the operation. Do not hesitate to contact our clinic if any difficulty arises after your dismissal (780)500-1001.

PAIN: Pain is to be expected following your oral surgery. Take the prescriptions recommended and/or prescribed by your doctor as indicated. If you are prescribed medication for pain relief and/or antibiotics we recommend taking these with food (not on an empty stomach). Taking medications with soft food and a large volume of water will lessen any side effects of nausea or stomach upset. If you are prescribed an antibiotic, try to incorporate probiotics into your diet. Avoid alcoholic beverages.

BLEEDING: Bleeding is to be expected for the first 24 hours. Gauze has been placed in the extraction site and should be changed every 20-30 minutes keeping pressure on the site until the bleeding stops. You should refrain from the following for at least 48 hours following your surgery:

- a. Spitting forcefully.**
- b. Drinking through a straw**
- c. Smoking or vaping**

SWELLING: Swelling is a common side effect following oral surgery and may persist for as long as a week. To minimize swelling, cold packs can be applied in the area for 20 minutes and off for 20 minutes. You can repeat this cycle for the first 24 hours.

MOUTH RINSE: Do not rinse your mouth within 24 hours after surgery. After this time, use ½-tsp, salt with 1 cup of warm water and rinse gently after meals for 10 days. Use no other mouthwash unless specifically advised.

REST: Get plenty of rest after surgery. Try to avoid strenuous activity which may raise blood pressure for the first 24 hours. It is not recommended to go shopping, sightseeing, etc after the procedure.

DIET: We encourage you to follow a soft food diet for the first 72 hours and gradually return to a regular diet. We recommend soft foods such as; ice cream, yogurt, mashed potatoes, scrambled eggs, etc. It is NOT enough to just drink water and juice as this will increase the chance of feeling sick after the procedure. Try to avoid anything hot, hard, or crunchy that can get stuck in the surgery site as this can increase the risk of getting an infection. Try to avoid alcohol in the healing phase.

HYGIENE: Continued proper oral hygiene is imperative. Normal care should be maintained while avoiding the surgical site while brushing and flossing for up to 1 week.

LOCAL ANESTHETIC DURATION: The local anesthetic will begin to wear off within 2-4 hours. Contact our clinic if numbness persists for more than 12 hours.

FEVER: A low-grade fever may occur following surgery and should be no cause for alarm.

**IN CASE OF EMERGENCY PLEASE GO TO THE NEAREST
EMERGENCY ROOM SHOULD YOU BE UNABLE TO REACH US.**

(780)500-1001.