

METRO DENTAL SURGERY POST-OPERATIVE INSTRUCTIONS

MEDICATIONS:

A small amount of bleeding (oozing) is to be expected following oral surgery procedures. Post-operative oozing may continue for 24 to 48 hours after surgery. If you experience persistent oozing, place 3 pieces of folded gauze over the area and bite down firmly on the gauze for 20 minutes. Be certain the gauze pack is thick enough to provide firm pressure when biting down. Constant pressure is important. Talking, or chewing on the gauze, will only promote more bleeding. Moisten tea bags may also be effective in stopping prolonged oozing. Wrap a tea bag in gauze, place this over the surgical site and bite down with firm pressure for 20 minutes. Be sure to avoid hot liquids, keep your head elevated and be as still as possible. If bleeding persists despite your best efforts, please do not hesitate to call us.

SWELLING:

Swelling and bruising are to be expected following most oral surgery procedures. Swelling typically increases for the first three days following surgery, and then gradually resolves over the next 7 to 10 days. So, swelling increases rapidly and resolves slowly. Bruising of the face over the surgical site usually follows the swelling. Depending on the procedure, as well as the patient's complexion and age, bruising can be quite extensive. Both the swelling and the bruising are typically gone after 10 to 14 days. On the third day, begin using warm, moist heat over the surgical site until the swelling and soreness are gone.

MOUTH RINSES:

Do not begin rinsing your mouth for at least 24 hours following your surgery. Beginning on the second day, start rinsing with warm salt water (1/2 teaspoon salt in a glass of warm water) 4 to 5 times a day for several days. If bleeding should occur, stop the warm rinses and follow the instructions in the second paragraph above. Do not spit vigorously. Do not use a straw the first few days following your surgery.

DIET:

Chewing a normal diet, especially during the first few days following your surgery, will be difficult, but maintaining a good level of nutrition throughout your recovery is very important. Food selection is largely a matter of choice. Be patient and start initially with soft, easily digested foods such as soups, Jell-O, milkshakes, and mashed potatoes. Coarser foods can be added as your healing progresses.

TEMPERATURE:

It is not uncommon to have a slight elevation in temperature following even minor oral surgery procedures. Rest, medications (Tylenol or Motrin), and plenty of fluids will hasten a return to a normal temperature.

SUTURES:

Sutures may have been placed in the surgical area to help reposition the tissue, promote healing, and decrease post-operative bleeding. These sutures are dissolvable and will typically disappear 3 to 10 days following your surgery. Sutures may also cause a "drawing" or tight feeling in the area. This tight feeling is normal and will be relieved when the sutures release and dissolve.

PHYSICAL ACTIVITY:

Limited physical activity during the first 24 to 72 hours following oral surgery is usually best. Trying to do "too much too soon" may lead to persistent oozing, increased discomfort, and a prolonged recovery.

SMOKING:

Don't. Nicotine decreases blood vessel diameter and thus impairs blood flow to the surgical area, which delays healing. The heat from smoking destroys immature tissue, dissolves blood clots (dry socket), prolongs post-operative pain, and prolongs your recovery.

IF YOU HAVE ANY OTHER CONCERNS, CALL OUR OFFICE AT 403-262-2627 or

Email: metrodentalcarecalgary@gmail.com