



PATIENT CARE INSTRUCTIONS

DAY 1 (Immediately following surgery - up to 24 hours)

If you had an **IV Sedation**, you must not drive or operate any vehicle of machinery, including some household appliances, for 24 hours after surgery.

BLEEDING Firmly place gauze pack **directly over** the surgical site for a **half-hour to an hour**. Repeat if necessary. After a few hours, if the bleeding has not slowed down, firmly place a **dry** orange pekoe tea-bag over the surgical site for **one hour**. Following surgery, elevating your head while sleeping may minimize bleeding. **NOTE** Slight oozing is normal for a few days.

**** DO NOT rinse / swish your mouth for the first 24 hours** - this allows the clot to form in the socket

**** DO NOT use straws or suck, avoid spitting, drinking alcohol, smoking / vaping, sports, physical activity, and lifting anything over 25 pounds for two weeks following surgery.** These activities can dislodge the blood clots. Use a spoon rather than a straw. It is okay to swallow normally, continue drinking fluids and eating soft foods. If you need a letter for missed work or school, our receptionist will issue one for you.

NAUSEA If this occurs, drink flat ginger-ale or snack on soda crackers; talk to your pharmacist about taking Gravol.

PRESCRIPTION Please follow the instructions given to you by your pharmacist. If you were prescribed ibuprofen, you may take the appropriate dosage of extra strength Tylenol at the same time as the ibuprofen to help control discomfort.

SWELLING is normal. To minimize swelling and pain, apply an ice-pack for 15 minutes on and 15 minutes off for the first 48 hours after surgery. (Leaving the ice-pack on for more than 15 minutes can cause frostbite.) If prescribed ibuprofen, take as directed to help reduce swelling.

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DAY 2 (24 - 48 hours following surgery)

Rinse **gently** with **salt water** (one teaspoon of salt to one cup of warm water). Continue doing this for the **next two weeks**. **NO MOUTH WASH for two weeks**. Rinse after eating anything and before bed. Regular rinsing will help minimize the occasional odour that occurs with healing. **Normal brushing of your teeth is IMPORTANT** - good oral hygiene increases healing and prevents infection.

DAY 3 (after 48 hours following surgery)

Warm compresses may now be applied for 15 minutes on and 5 minutes off

Instructions to warm packs - Distribute gel evenly. Place in microwave oven for ten minutes or until desired temperature is reached. Microwave times may vary. **NOTE: Days 3 - 5** You may experience more pain / discomfort; these days are the healing days when your body is trying to repair itself.

DAY 4+ (For Extractions Only - No Bone Grafting)

If you received a curved-tip oral syringe, begin rinsing and **flushing food debris out of the sockets**. Fill the syringe with warm water, **insert into the socket** (about 2 - 4 mm) and gently flush. **Repeat 3 - 4 times per site and 3 - 4 times per day** (every time after you eat or have a snack). It is very important to keep the extraction sites clean, especially the lower jaw. Continue this procedure until the sockets are completely healed over. (This can take up to two months.)

GENERAL INFORMATION

- **Sutures are dissolvable:** they usually take two weeks to dissolve, but may fall out after a few days. This is usually not a problem.
- **Dentures** should be left in for 24 - 48 hours. It is recommended to return to the dentist / denturist who made the dentures for an adjustment 24 - 48 hours after surgery. If they are unavailable, a post-op appointment can be made at our office.
- **Uncover and / or Bonding a Tooth:** a periopak (putty-like appearance over surgical site) may have been placed; this should be removed in two weeks by your regular orthodontist / dentist. If they are unavailable, this can be done at our office.
- **Bone Grafting or Site Preservation (with bone).** It is normal for sand-like granules to work their way out of surgical sites in small amounts.

Patient or Legal Guardian must inform the facility of any serious event and / or hospital admission within 10 days following your appointment.