

Postoperative Instructions Following Routine Extractions

These instructions are intended to supplement and remind you of those discussed with our staff

1. Keep fingers & tongue away from wounds. Do not pull on the cheek to inspect the wound
2. Do not spit or rinse vigorously the day of surgery as this will disrupt the clot and increase bleeding and pain
3. **Oral hygiene** is important to prevent infection. Begin rinsing the **day after** your surgery with salt water (1/2 teaspoon salt in 250ml/1cup warm water) or the medicated rinse if prescribed to you after meals and before bed for 1 week. You may also begin to brush your teeth, but be gentle on the surgical site for 1 week. If given a syringe, begin rinsing the site 5 days after your surgery.
4. **Sutures ("stitches")** placed in your mouth will dissolve after 3-10 days. Do not be alarmed if they fall out sooner
5. **Smoking** can delay healing and lead to complications. Avoid for 72hours after your surgery
6. Do not drink alcohol or operate a vehicle/machinery if you are using a narcotic (Tylenol #3, Percocet, Demerol) for pain
7. If **dentures** are inserted at the time of surgery, do not remove for 24 hours. After 24 hours, remove dentures, rinse mouth and clean dentures after each meal and before bed. Contact your dentist/denturist for an adjustment within 1 week.

Diet: Avoid hot food/liquid or sucking through a straw for 24 hours. Begin with fluids (ginger ale, cranberry juice, consommé) and progress to soft foods on the day of surgery. Resume a normal diet when comfortable. We recommend that you avoid seeds, nuts, popcorn, and anything that is small that can get stuck in the surgical site for 1 week to avoid infection. Jaw stiffness may be experienced after any oral surgery and may last several weeks. If you experience this, avoid chewy/hard foods during this time.

Pain: Will begin once the local anaesthetic wears off. Pain will often increase for the first 3 days after your surgery, and then gradually improve. If you have been given a prescription, take as directed. If not, you may use 3 Advil (600mg) or 2 Tylenol (650mg) every 8 hours as needed provided you have no sensitivity to these drugs.

Swelling/Bruising: Swelling will often increase for the first 3 days after your surgery, and then gradually improve. Applying ice packs the day of surgery (15 mins on & 15 mins off) and keeping an upright position (head above the heart) will help minimize swelling. After 3 days, warm-moist heat will often help resolve swelling faster. Bruising may be pronounced, especially if taking blood thinners. This may spread onto the neck and chest. This is not unusual and will resolve with time. Once again, warm-moist heat will help resolve this quicker. Please note, if you experience any difficulty in swallowing or breathing call your surgeon or visit the nearest emergency centre immediately.

Bleeding: Oozing of the site is normal for up to 4 hours after your surgery. Avoid **rinsing, spitting, hot liquid/food, exercise, or strenuous activity** for 24 hours as this will increase bleeding. Small amounts of blood in the mouth or saliva is normal for up to 24 hours after your surgery. If excessive bleeding occurs (mouth continues to fill with bright red blood), look in the mouth to identify the bleeding site and place a thick moist gauze pack or tea bag in this site. Apply **firm continuous** biting pressure (do not chew on the gauze) for **30 minutes** while sitting quietly. Repeat this up to 3 times. If excessive bleeding persists contact your surgeon

Intravenous Sedation, General Anaesthesia, Nausea & Vomiting: The anesthetic drugs used during your surgery and the swallowing of blood may cause you to feel groggy, dizzy, or nauseated for the first 24 hours. Beyond 24 hours, nausea & vomiting will likely be the result of narcotic pain medications or dehydration. Occasionally, you may experience a sore throat. **It is best to remain at home and limit physical activity the day of surgery. DO NOT perform tasks requiring mental concentration such as driving, operate heavy machinery or consume alcohol 24 hours post operatively.** If nausea is encountered, drink only clear liquids (i.e. Sprite or cranberry juice) and eat soft bread. Gravol may also be used. If nausea and vomiting become severe or you show signs of dehydration (lack of urination, fainting or heart racing upon standing) please call your surgeon or visit the nearest emergency department.

Sinus Exposure: You will be informed if the sinus was exposed during your surgery. **DO NOT** suck through a straw, smoke, blow your nose, or rinse vigorously for **2 weeks** as this may lead to a persistent communication with your mouth and require additional surgery. Also, try to sneeze through your mouth. Take antibiotic medications as prescribed. If you feel extremely congested you may use a decongestant (pseudoephedrine, sudafed) or Otrivin spray.

Any unusual pain not controlled by the pain killers, excessive bleeding, foul discharge from the wound, or new swelling beginning after the initial 5 day healing period all require monitoring. Please contact your surgeon to schedule a follow-up visit.

**For scheduling enquires call (705) 435-1315
In case of an emergency call (905) 713 9990**