

## Post-Operative Instructions for Oral Surgery

Proper care of your recent surgical site is important to avoiding complications. May these instructions make your post-operative healing period as comfortable as possible.

- **Bite on a gauze pad (place over each surgical site) until the bleeding stops completely. Light oozing is normal throughout the day of surgery.**
- **To reduce oozing, place a tea bag over the surgical site(s) and gently bite. The tannins in tea constrict the vessels and can slow or stop bleeding.**
- **If you are experiencing heavy bleeding at any time after your surgery (consistent with a nosebleed) call our office as soon as possible.**
- **If after 24 hours you have any numbness of the lip, teeth or chin (this is usually temporary) please call our office.**
- **Apply ice packs to the outside of your face. Pain can peak after 48-72 hours. If after 72 hours you are still experiencing muscle soreness apply a warm compress. Practice opening and closing. It is important to keep your jaw muscles moving. It is not uncommon to develop bruising on the face after oral surgery.**
- **Do not vigorously rinse or spit for 24 hours. Brush gently around the surgical sites as bleeding and tenderness is common the night of your surgery.**
- **After 24 hours, please gently swish with warm salt water after meals**
- **Do not drink through a straw or smoke for 1 week. These actions are the main causes of dry socket and delayed healing. A dry socket is formed when the blood clot is dislodged prematurely from the socket causing pain to your neck, head and/or ear(s). This will usually occur 3-5 days after your surgery.**
- **A soft diet is recommended for at least one week (anything that you can cut with a plastic fork). The day of the surgery, cold foods such as yogurt, smoothies, ice cream and mashed potatoes are recommended.**
- **Avoid any small particulate foods like rice, granola, and nuts that may get trapped inside the surgical site. This is extremely uncomfortable and may lead to a dry socket.**
- **If dental implants were placed, do not chew over the implant sites if possible**
- **Take all medications as prescribed, if you have any side effects from taking any medications, discontinue use and call our office immediately.**
- **Please avoid any physical activity (such as school sports) including lifting and bending for at least 3-5 days. Throbbing at the surgical site is normal and will subside, but take it slow.**

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Please contact our office at (604) 738-1131 if you have any questions or concerns following your procedure.

We're here to help.