

Instructions for Post-Surgical Care – Please Read Carefully

Swelling, Bruising and Discomfort

Swelling, bruising and discomfort commonly occur following oral surgery. Considerable facial swelling can occur. Swelling typically increases for the first 48 hours, then plateaus and gradually subsides over about one to two weeks. Bruising of the face and neck may also occur. Ice packs may be used for the first 24 hours in 20 minute on/off cycles. Discomfort is normal following surgery and can be controlled with over-the-counter pain medication (Tylenol, Advil) or pain medication that your doctor prescribes to you. Do not combine over-the-counter pain medication with prescribed pain medication.

Stitches

Stitches are used to control bleeding and re-approximate tissue. Most stitches dissolve on their own within 4-10 days. Stitches that do not dissolve will be removed by your surgeon in 1 to 2 weeks.

Bleeding

A small amount of red mixed with saliva is normal following surgery. If there is a constant flow of bright-red blood from the surgical site:

Place a gauze pad over the surgical site and bite on it firmly for 20 minutes. If the flow of blood does not cease;

Place a moistened tea bag wrapped in gauze over the surgical site and bite on it firmly for 20 minutes. If the flow of blood does not cease;

Please contact our office or go to the nearest emergency department.

Once the bleeding has stopped, remove the gauze and do not replace.

Temperature Elevation

Please contact our office if your body temperature increases to 38.6 C (101.5 F) or higher.

Spitting or Using Straws

Please refrain from spitting or using straws for the first 48 hours post-operatively.

Smoking

Please refrain from smoking for at least the first 72 hours following surgery. Smoking should be avoided after surgery because it can complicate the healing process. Therefore we do not recommend smoking until the surgical sites have completely healed.

Nausea

Nausea can be a side effect of some anesthetic agents used or medicines prescribed. Should this occur, over-the-counter Gravol may be purchased at your pharmacy and used to alleviate symptoms. Follow the instructions printed on the bottle.

Please note that it is important to maintain your fluid intake despite nausea. If you do not continue to consume fluids you risk becoming dehydrated. We recommend drinking small amounts of fluid frequently.

Diet

We recommend a soft, non-chew diet immediately following surgery. You should drink fruit or vegetable juices, water, soda or liquid nutritional supplements. You will be able to eat foods such as ice cream, Jello, yogurt, apple sauce, scrambled eggs, ramen noodles and mashed potatoes. We also recommend drinking luke-warm soups such as chicken or beef broth. Avoid hot-temperature food and drinks for approximately 48 hours after surgery.

Oral Hygiene

Gentle mouth rinsing with either salt water or a prescription mouthwash should be started in the evening following surgery. If rinsing with salt water, mix 1/2 teaspoon of salt with a glass of warm water and rinse 5 to 6 times per day. If rinsing with a prescription mouthwash, follow the directions printed on the bottle.

Start brushing your teeth 24 hours following surgery. Avoid vigorous brushing close to the surgical sites.

General Anaesthesia and IV Sedation

It is normal to be drowsy and poorly coordinated for several hours after surgery. We recommend that you stay home and rest for the remainder of the day. Please do not drive, drink alcohol, do any recreational drugs or sign legal documents for 24 hours following surgery.

Emergency Care

If you experience any post-operative concerns not mentioned in the attached pages please contact Etobicoke Oral Surgery immediately (416-232-9757). If an emergency develops after office hours please call TeleHealth Ontario (1-866-797-0000) or go to the nearest hospital emergency room.