



**NOSE**

**CREEK**

**DENTAL**

**CENTRE**

**Postoperative Care is important following oral surgery and recovery may be delayed if this care is neglected. The following includes our postoperative instructions, and events which may take place following oral surgery.**

### **1. Bleeding**

The gauze pad that was placed after surgery acts as a protective dressing and should be left in place with firm pressure for 30 – 60 minutes. If bleeding persists, continue pressure on a fresh gauze for an additional 30 to 60 minutes. Biting on a moist teabag wrapped in gauze may help to control persistent oozing. Tea has an ingredient that promotes blood clotting. Should active bleeding persist please call the office.

### **2. Pain**

If it is necessary, you will be provided with a prescription for medication. Pain will be maximum a few hours after surgery so it is important to take pain medications as soon as possible after surgery. Do not wait for pain to become unbearable before using the medication, as it will then become more difficult to control. You should not experience more than slight discomfort after the third day. Persistent or increasing pain 3 – 4 days following oral surgery may be caused by early loss of the blood clot(dry socket) or infection. If you feel this may be the case please call the office.

### **3. Swelling**

Swelling usually develops during the first 2-4 days after surgery and should then subside. Swelling can be controlled by the use of ice and heat as follows:

a) Use ice for the first 12 – 24 hours applying it to the cheeks for 20 minutes and removing for 20 minutes alternately.

b) Heat – swelling and stiffness may be relieved by warm, moist heat applied to the jaws on the 2<sup>nd</sup> and 3<sup>rd</sup> days following surgery.

### **4. Avoid using a straw**

For several days as it may cause the blood clot to dislodge and delay healing.

### **5. Do not smoke, or vape.**

As it slows the healing process and may also contribute to the development of dry socket.

6. Food selection is largely a matter of your choice.

**Soft, cool foods that require little or no chewing are most easily tolerated. Avoid alcohol for at least 24 hours.**

### **7. Do not disturb the area of surgery.**

Avoid vigorous chewing, excessive spitting or rinsing as initial healing may be delayed, active bleeding restarted or infection introduced.

### **8. Oral Hygiene**

Rinsing, spitting and tooth brushing should be avoided the day of surgery. **Starting on the day after surgery gentle rinsing with mild, warm salt water is acceptable.** Brushing should be resumed, being careful to avoid the surgical site for the first two days. **Good oral hygiene is important to normal wound healing.**

### **9. Limit Physical Activity**

Overexertion in the first 24 – 48 Hours may lead to postoperative bleeding and discomfort.