



Oral Surgery Post-Operative Instructions

Your comfort and care is our primary focus. It is our intent for you to have healthy and successful recovery from your surgery. To assist in your comfort and success, the following instructions must be followed:

Bleeding

It is normal to expect some oozing for up to 24 hours following surgery. Please bite with a firm pressure on the gauze provided until the bleeding has slowed to a minimum. Please decrease activities for the day of surgery, the following day and rest in a slightly upright position. If bleeding continues longer than expected, please moisten an tea bag and bite in it until the bleeding slows. If bleeding should become brisk and fill the mouth quickly, call the numbers below immediately.

Swelling

It is normal to expect some swelling and occasionally bruising after your surgery. The maximum swelling, pain and jaw stiffness will normally occur 2-3 days after surgery. To minimize these conditions, keep your head elevated and apply ice packs fifteen minutes on and fifteen minutes off until bedtime the day of surgery. Moist heat after 36 hours may help jaw stiffness.

Pain

The greatest amount of discomfort will be in the first 6-8 hours after surgery. Never take the pain medication on an empty stomach. Take the medication as directed on the prescription. If itching or a rash develops, STOP taking all medication and immediately contact one of the numbers listed below. If a dull pain along with an earache increases on the 3rd or 4th day please call for an appointment so that we may check on your condition.

Muscle Soreness

Difficulty opening the jaw is common after extraction. Chewing gum at intervals will help with the muscle soreness along with moist heat after 36 hours.

Mouth Care

No vigorous rinsing, smoking or alcohol consumption for 24 hours following surgery. Starting the day after surgery rinse with a glass of warm water mixed with one teaspoon of salt five times a day for at least one week. Brush and floss as usual avoiding the surgical sites. If the corners of your mouth become dry and cracked, use Vitamin E to keep them moist.

Diet

It is important to maintain good nutrition following surgery. Eat a lukewarm soft diet the day of surgery. **Do not** drink through a straw as this could dislodge the clot that is forming. Eat whatever you can the day following surgery. Remember to drink as much fluids as you can for 3 days.

Infection

If swelling and discomfort increases after the 4th day following surgery along with a foul taste, fever and difficulty swallowing you may be experiencing a dry socket. Please contact one of the numbers below immediately.

Graft

If you have received a bone graft procedure the stitches will be removed in 10 days-2weeks. Brush gently around the area and NO mouthwash for two weeks. Some "sand like" grains may come from the grafting site and this is normal. Take medications as they have been prescribed.

If for any reason you are concerned about your condition, notify Dr. Kesteven immediately by calling the numbers below in the order listed.

Kesteven Dental Care 604-826-8087
Kesteven Residence 604-826-0870
Mission Hospital 604-826-6261