

PATIENT INFORMATION FOLLOWING DENTAL SURGERY

Please do not smoke as this will interfere with the healing process.

Please refrain from drinking any alcohol for 48 hours or until any prescription medication is finished

Please DO NOT drink with a straw as a 'sucking' action will remove the blood-clot.

Please do not engage in any strenuous exercise for 72 hours

You should not brush your teeth on the day of the surgery

Pain and Discomfort: is to be expected following surgery and can be controlled with over the counter pain medication (whatever you take for a headache) which can be started before the numbness wears off. This will help stay ahead of any pain, and should be taken regularly. Prescription medications are given on a case- by-case basis. Please eat before taking any medications.

Swelling: around the mouth, eyes and cheeks is normal following surgery, and it usually takes 2-3 days to fully develop. Applying icepacks wrapped in a napkin to your face (60 mins on/60 mins off) and keeping your head elevated for the first 48 hours will help reduce this swelling. Slight bruising may also occur - this is normal. After day 3 any stiffness in your facial muscles can be eased by applying heat to the area (60 mins on/60 mins off).

Bleeding: is to be expected following surgery and may continue to ooze for 24 hours. Please bite down firmly on gauze, ensuring they are placed directly on/over surgical site. Sit up- right while biting on the gauze for 20 minutes. If the bleeding continues, then bite on a dry tea bag for thirty minutes. The tannic acid in the tea bag will help to form a clot, by contracting the blood vessels. In the event of continued bleeding, then please call the office for reassurance.

Numbness: be careful not to bite your lip or your tongue until the local anesthetic wears off. You may have difficulty feeling your lips, cheeks or tongue during this time - it is a temporary feeling, and should wear off within 2 to 6 hours. If the numbness lasts longer than a week, then please call the office to book a review appointment.

Nausea and Vomiting : can happen following surgery or from medications. Do not take anything by mouth for at least an hour including the prescribed medicine, and try to sip tea or ginger ale to settle your stomach. If this continues please call the office for instructions.

Diet: you will naturally want to eat soft foods: oatmeal, scrambled eggs, smoothies, milkshakes, yoghurt, soup, applesauce, jello, pasta, mashed potatoes, pancakes etc - you can eat anything you can tolerate at room temperature.

Surgical site: sometimes 'stitches' may be placed at the site, these are usually dissolvable. If they require removal an appointment will be made for you to return to the office. They may become loose, and after three days they are no longer required.

The **following day** after surgery please keep the area clean; using a mix of 2 teaspoons of salt with warm water Rinse gently with this mix for 1 minute then spit it out. Continue with this rinse for 7 days.

The first 24 hours after a surgical procedure is usually the most uncomfortable. Swelling may be dramatic, and will peak at 48 hours after the procedure. The pain and swelling should then continue to subside, but it may take up to 4 weeks to feel back to normal. If the pain and/or swelling worsens, or unusual symptoms occur, then please call the office.