

PARKGATE VILLAGE DENTAL CENTRE
POST OPERATIVE INSTRUCTIONS

-BLEEDING

Bleeding or oozing up to 24 hours after oral surgery is common. However you can minimize this by:

- Keeping your head elevated, using several pillows when asleep.
- Firmly biting on moist gauze for at least one hour after surgery.
- Limiting physical activity for the first day of surgery.

For persistent minor bleeding (over 6 hours) biting on a tea bag will help.

-SWELLING

Some swelling occurs after most oral surgery and especially after wisdom teeth surgery. The amount of swelling is usually proportionate to the surgery performed and reaches its maximum in about 48 hours and diminishes. A small amount of residual swelling may persist a week or more after surgery. However, if swelling increases after that, or is accompanied by drainage please contact your dentist.

You can minimize swelling by:

- Keeping your head elevated, especially while sleeping.
- Using ice or cold packs on the face adjacent to the surgery site during the first 12 hours after surgery. After that cold will not be helpful.

-PAIN

Post-operative soreness or pain is common after oral surgery. In most instances it reaches a peak within the first 24 hours after surgery, and then diminishes. Normally you will be given either a prescription for pain medication or specific recommendations for non-prescription drug use. Please follow these instructions, and if not adequately controlled, please call the dental office.

-DIET

After initial bleeding stops, its best to ingest clear fluids such as apple juice, ice creams, and yogurts on the first day of surgery. Thereafter, a regular diet is satisfactory, provided you do not chew food on the surgical site until healing is complete.

-ORAL HYGIENE

Your surgical site must be kept clean in order to promote rapid healing and avoid infection. Starting 24 hours after surgery, rinse your mouth very gently after every meal with lukewarm water containing 1 teaspoon of salt per 8 ounces of water.

AVOID SMOKING, SPITTING, OR DRINKING THROUGH A STRAW AT LEAST 24 HOURS AFTER SURGERY AS THESE HABITS INTERFERE WITH HEALING.

THE FOLLOWING CONDITIONS MAY OCCUR AFTER REMOVAL OF WISDOM TEETH

- Pain with swelling and earaches
- Difficulty opening your mouth widely
- Numbness of your lip or tongue
- Minor realignment of adjacent teeth
- Soreness of the corners of the mouth
- Bruising of your face, neck and chin
- Damage to adjacent teeth, fillings and crowns

If you have a problem after clinic hours please call **Dr. Khanansho at (604) 202-8587**