**Post-Surgical Instructions**

**For the first 24 hours following surgery:**

* NO rinsing, spitting or sucking through a straw
* NO drinking alcoholic beverages
* NO exercise or heavy work

**Bleeding**

***Bite firmly on the gauze pack for at least 30 minutes.***

* If considerable bleeding continues or develops later, place more gauze directly over the area and bite down firmly for another 30 minutes.
* If bleeding is still present after 2 hours, place a wet tea bag directly over the are and bite down for 30 minutes

**Pain**

***Take pain medication before the freezing wears off.***

* Simple procedures are managed well with over-the-counter medication such as Advil (ibuprofen) or Tylenol (acetaminophen). Aspirin promotes bleeding and should be avoided.
* Prescription medication is given for more difficult procedures. Tylenol 3 and Percocet contain narcotics. Do not drink alcohol or operate machinery while taking these medications and stop taking them as soon as pain is managed.

**Swelling**

***Some swelling is normal.***

* Swelling usually increases slowly for the first 3 days, and then goes down.
* Ice packs help reduce swelling. Apply ice for 20 minutes on, then 20 minutes off, etc. for 6-8 hours.

**Smoking**

***Smoking should be avoided for at lease 7 days following surgery.***

* Smoking impairs healing and can result in post-operative pain (dry socket).

**Diet**

***Drink plenty of fluids and do not skip meals.***

* Do not chew on the side of the surgery.
* Eat food that is manageable. A soft diet recommended for the first few days (milkshakes, pudding, Jello, juice, mashed potatoes, eggs, pasta, etc.)
* Drink at least 1 litre of fluids daily.

**Oral Hygiene**

***Begin oral hygiene 24 hours after surgery.***

* Brush teeth gently, taking extra care in the area of the surgery.
* Rinse 6-8 times per day with warm salt water (1/2 tsp salt in one cup water)
* Rinse gently at first, and more vigorously as healing progresses.

**Stitches**

***If stitches were used, they will dissolve in 5-10 days.***

* If loose, they can be removed by gently wiping the area.

***Please call the office with any questions or concerns. For after hours please call the after-hours number.***