

Care Following Dental Surgery

To insure rapid healing and to avoid complications that could be both harmful and painful to you, please follow these instructions carefully.

1. **Bleeding.** To prevent unnecessary bleeding, maintain gentle pressure over the surgery site(s) by biting on gauze. You have been given a supply of gauze pads. If more are required, they can be purchased at a drug store or supermarket. A tea bag which has been moistened and wrapped in a piece of gauze is also effective. Pressure should be continued for 1-2 hours or until most of the bleeding has stopped. Change the packs every 15-20 minutes or when saturated. It is not unusual to have some slight oozing for up to 24 hours.

Rest today and keep your head slightly elevated. Do not engage in physical activity since this stimulates bleeding.

2. **Medications.** Unless you already have your medications, pick them up very soon and take as directed. Frequently with oral surgery a long-acting local anesthetic is used—especially if bone was removed. This prevents pain, but may also prolong numbness for up to 24 hours. Take a pain pill when you first feel discomfort. If you took sedative medications (such as Valium), do not drive for at least 24 hours after surgery.
3. **Eating.** It is important to get adequate nutrition after surgery to help the healing process. Just drink liquid food supplements or juices and eat soft foods today. Progress to more solid foods as healing progresses.

If wisdom teeth were removed, your jaw is temporarily weaker than before surgery. For that reason, you should not chew forcefully or engage in contact sports for 5-6 weeks. To do otherwise could cause a bone fracture.

4. **Rinsing and Brushing.** Do not rinse for the first day after surgery since this could dislodge the blood clot. This could lead to a dry socket. After 24 hours, rinse with warm salt water (1/2 teaspoon of table salt in 8 oz. water) 3-4 times a day for 4-5 days.

Besides rinsing too soon, other actions that can contribute to dry sockets are smoking and using a straw.

5. **Ice Packs.** To help prevent swelling, ice packs should be applied to the face adjacent to the surgery sites. This is especially important if bone was removed. To the extent possible, apply for periods of 20 minutes on and 5 minutes off until bedtime on the day of surgery. Ice is not particularly useful after the first day.

With most oral surgery, swelling peaks at about 48 hours and then goes down. Significant swelling beyond this time period could indicate infection. If this occurs, call the dentist.

6. **Postoperative Check-up.** The surgery site needs to be examined to make certain that healing is progressing normally. In addition, sutures may need to be removed. The date and time for your follow-up visit is: _____.
7. **Unforeseen Complications.** If you suspect any problems with healing, do not hesitate to call the office or the doctor at home. These telephone numbers are:

Office: Dr. Victor Sun
705-324-0050

Dr. Victor Sun. Cell #
1416-456-1399

Sometimes patients develop allergies to medication, infection (foul taste, unusual or prolonged swelling), and dry sockets (throbbing pain 3-5 days after the procedure). These and other potential problems are treatable if brought to the doctor's attention.

In our office, we are doing everything we can to make your surgery as painless and uneventful as possible. However, what you do following your surgery is important too.
