

POST-OPERATIVE INSTRUCTIONS - PLEASE READ CAREFULLY

The following will explain what to expect and suggest what you can do to help the healing process

BLEEDING

SLIGHT OOZING FOR 24-48 HOURS AND PERIODIC BREAKTHROUGH BLEEDING FOR 10 DAYS IS NORMAL. Plan for reduced activity for the first 48-72 hours after surgery. Physical activity elevates your blood pressure and heart rate which can lead to further bleeding AND swelling. Aggressive spitting or drinking through a straw can also cause bleeding.

A folded gauze sponge has been placed in the area of surgery prior to your leaving the office. Bite on it with constant firm pressure. After 30-45 minutes, remove the gauze. If there is continued bleeding, place a new gauze. Repeat every 30-45 minutes until bleeding has stopped. Avoid spitting and rinsing your mouth on the day of surgery. If you run out of gauze, a teabag or unused tampon may be used as a substitute.

REMEMBER, a small amount of blood mixed with saliva may seem like a mouth full of blood. Place a towel on your pillow to prevent staining of your linen with blood, which will be in your saliva for several hours.

SWELLING

Swelling will be at its greatest 2 days after surgery, then will slowly disappear. To minimize swelling, apply cold/ice to the operated side of the face as soon as you arrive home. Apply cold for 15 minutes, then off for 15 minutes, then continue repeating. Continue for 2-3 hours. Do not ice beyond 48 hours unless it helps with pain relief. Being less active for 48-72 hours after surgery will also help minimize swelling.

BRUISING

This is closely related to the swelling. It is normal and with gravity can spread down towards your neck or chest. Be patient. It will improve with time. Moist heat AFTER 48 HOURS can help bring the swelling down more quickly.

PAIN

Discomfort is normal after surgery and will begin once the local anesthetic (freezing) wears off. Medication will be recommended or prescribed to keep you comfortable. Take the medication BEFORE the freezing wears off. Severe pain lasting for more than 3 days is not normal. Please call for a follow up appointment if this happens.

It is easier to stay in front of the pain than to try to catch up. Take pain medication regularly for the first 2-4 days after surgery. Some patients experience stomach upset/ache with certain pain medications. Ranitidine (Zantac) which can be purchased over the counter will often eliminate this discomfort.

CARE OF YOUR MOUTH, MOUTH RINSES

Do not rinse your mouth the day of surgery. This may dislodge the blood clot and re-start bleeding. The morning after surgery, you can begin rinsing gently with very warm salt water (1 tsp. of salt in a glass of warm water). You may be given a plastic syringe to help with cleaning extraction sites (sockets/holes). Repeat every few hours, especially after meals, for the next 3-4 days. Dr. Darichuk MAY prescribe Chlorhexidine (Peridex), an antiseptic mouth rinse, for UP TO 2 weeks. Do not exceed 2 weeks when using Chlorhexidine (Peridex) mouth rinse.

It is important to continue brushing your teeth after surgery. The surgery site may be gently wiped with a damp, clean cloth until the discomfort in the area has decreased.

SUTURES (STITCHES)

Unless you are informed by us otherwise, we place dissolving sutures that will break down on their own and do not require removal unless they become irritating.

DIET

We recommend a soft diet after procedures. Nothing firmer than a SOFT pasta. This includes rice, yoghurt, mashed potatoes, lukewarm soup, ground beef, smoothies, and protein shakes. Aim for at least 2 litres of fluid intake per day.

NAUSEA

Nausea may accompany the discomfort during initial post-operative period. Small sips of tea, 7-up, or ginger ale may help. If you have had sedation or general anesthesia and are prone to nausea, we recommend obtaining gravol (dimenhydrinate) at the pharmacy prior to returning home.

SMOKING

We **STRONGLY** advise against smoking for 7 days after surgery. Speak to Dr. Darichuk regarding assistance with smoking cessation. Smoking significantly increases your risk for **DRY SOCKET**.

DRY SOCKET

If you have pain that becomes much worse 3-5 days after surgery with or without a foul odour/taste, you may have dry socket. This pain often radiates to your ear. Please call us. We can help.

SHARP AREAS / EDGES

When teeth are removed there are thin walls of bone remaining that form the socket/hole that contained the tooth/teeth. As the gums heal over, these thin walls can sometimes emerge through the healing tissue and cause discomfort. The edges smooth over with time. If they are causing severe discomfort or are mobile, please call for a follow up appointment.

POST-OPERATIVE CONDITIONS

Please call us for a follow up appointment if you experience:

1. Numbness or tingling near the lips, chin, corner of the mouth, or tongue;
2. Tightness of the muscles (Trismus) that causes difficulty in opening the mouth;
3. When intravenous sedation/anesthesia medication is given, you may experience tenderness, discoloration, or hardening of the vein at the intravenous site.

SINUS LIFT or SINUS COMMUNICATION

It is very important that you do **NOT** blow your nose. This can cause the wound to break down resulting in fluid coming out your nose and the need for a further surgery.

BONE GRAFT / SOCKET GRAFT PATIENTS

Occasionally, small particles or granules of graft material can work their way out. Small numbers of these particles are not a cause for concern. If there are large numbers of particles, please call for a follow up assessment.

DENTAL IMPLANT PATIENTS

A follow up appointment will be scheduled at approximately 2 weeks and 12 weeks after surgery. A healing abutment (cap) is generally placed over the implant to allow the gums to heal properly. It is a temporary attachment and as such, can become loose. Please do not panic! Bring the abutment in to us and we would be happy to clean and re-insert it for you.

IMMEDIATE DENTURE PATIENTS

Do **NOT** remove your **NEW** dentures for 24 hours after surgery. The gum tissues will swell and you may not be able to get them back in.

EMERGENCIES

Severe pain that cannot be controlled by the prescribed medication, bleeding that will not stop, or sudden and severe increases in swelling are good reasons to call us for help, even in the middle of the night.

In the event you visit a hospital for any reason within 10 days of your procedure, please contact us.

NOTE: If you have any questions or concerns, contact us. Please remember it is always easier for us to help during regular office hours.

If scheduled, your follow appointment is on _____ at _____ a.m. / p.m.

AFTER HOURS EMERGENCY CONTACT:

Phone: (403) 615-7576