

Dr. A.M Rankin Inc.
513-1207 Douglas St.
Victoria, BC. V8W 2E7
250-383-3015

PATIENT INSTRUCTIONS FOR CARE AFTER ORAL SURGERY

BLEEDING

It is normal to have some bleeding for about 24hours following surgery. If this occurs, use a fresh gauze pack or moist black tea bag to apply firm pressure to the surgical site for 30minutes. Typically two or three changes will be sufficient. Formation of a blood clot is important for healing. To avoid disrupting the blood clot, make sure to rest and avoid any physical exertion for at least two days. Also, do not smoke, drink hot fluids, rinse your mouth vigorously, drink through a straw, disturb the wound, or any activities that will potentially disrupt the blood clot especially in the first 24hours.

Avoid alcohol and tobacco for the first two weeks after surgery, as you will compromise your healing and increase your risk of infection and ‘dry socket’.

Phone 911 promptly if your mouth continuously fills with blood.

PAIN

It is normal to have some pain or discomfort following surgery. The amount of pain depends on the kind of surgery, how healthy you are and how active you are. Pain is felt at its maximum immediately as the freezing wears off then subsides over the next three to four days. Pain medication works better if started before the onset of pain and **BEFORE** the freezing wears off then taken on a regular schedule for at least the first two to three days. Pain medication is meant to manage pain but may not eliminate it completely.

Call the dentist if:

- *Pain is prolonged and severe and not responding to your prescribed pain medications.*
- *Pain develops three to four days after surgery; a protective dressing may be required.*

SWELLING

Swelling and bruising often occur after surgery. These factors typically increase for the first three or four days, then gradually subsides over the following three to seven days. Cold packs (frozen peas) on the swollen area 10 minutes on, 10 minutes off can help in the first 24hours.

Call the dentist if:

- *Swelling causes difficulty swallowing or breathing.*
- *Swelling continues to worsen after the first four days.*

NUMBNESS

Occasionally patients experience some numbness in their lip or tongue after lower jaw surgery – this generally resolves in time. Please let the dentist know if this occurs.

CLEANING YOUR MOUTH

The day of surgery you should brush and floss your teeth thoroughly with a small amount of water but try to avoid the healing site. The day **AFTER** the surgery, on top of normal oral hygiene practices you can gently rinse your mouth with warm salt water (teaspoon of salt and cup of warm water) especially after you eat, and continue doing this as long as the wound is open.

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DIET AND EXERCISE

Avoid excessive physical activity for the first 24 hours after surgery. Drink lots of fluids and eat soft, lukewarm foods the first day. Begin eating solid foods when you can chew comfortably, and try to chew food on the side opposite the extraction site. Occasionally patients feel nauseated for the first few days following surgery – call your dentist if this is a persistent problem.

COMPLICATIONS

If you have any questions or concerns please contact our office, 250-383-3015.