

Post-Dental Surgery Instructions

The next 24 hours is very important for the healing of your surgery site. This is because the blood clot that has formed where your tooth/teeth used to be is vital to the proper healing of the tissue. These instructions should be followed to insure that you give yourself the best chance of an infection-free healing period.

Rest

You should plan to rest for the remainder of the day with your head slightly elevated. It is also important that you do not do anything to change the pressure in your mouth for the next 24 hours. This includes:

- SMOKING!
- Sucking from a straw
- Rinsing or spitting any type of mouth rinse
- Blowing your nose excessively
- **NOTE: start a salt water rinse 24 hours after your surgery (2 cups water+1 teaspoon salt)**

Bleeding

Most bleeding will stop after about 30 minutes after the surgery. It is normal to have slight oozing from the socket over the next 6-12 hours. It is normal for it to seem like there is more blood than there really is because it will mix with your saliva. However, if you are concerned that the socket seems to be bleeding more than it was when you left the office, you should:

- wet a wad of paper towel or a tea bag and place it over the socket, and bite for 15 mins.
- **if, after 20 mins. the bleeding has not stopped, contact us.**

Pain

It is difficult to predict how much pain, if any, you may experience after surgery. However, the majority of people are able to control discomfort with over-the-counter medications such as Ibuprofen (Advil or Motrin) and Acetaminophen (Tylenol). We recommend the following:

- 600 mg ibuprofen (3 regular strength tablets) every 6 hours for the next 3 days
- if needed add: 1000mg acetaminophen (2 extra strength tablets) every 6 hours

Swelling

Swelling will vary depending on the difficulty of the extraction and the individual. However much discomfort and swelling can be avoided by:

- placing a cold pack (bag of ice or frozen vegetables wrapped in a towel) over the operated area
- keep the pack in place for 20 mins then remove for 20 mins
- after the first 24 hours replace the cold pack with moist heat (hot water bottle wrapped in a towel) for 20 mins on/20 mins off

Final thoughts...

- Bruising in the area of the surgery may occur and is not cause for alarm
- If stitches were placed, they will dissolve on their own in 5-7 days unless we have told you otherwise.
- The healing site might appear grayish in colour as the blood clot starts to dissolve.
- Pain that seems to be getting worse rather than better may indicate that an infection is present. If this is the case, please contact us and we will determine if you need to be seen.