

Self Care After Dental Surgery

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Bleeding

- Bite firmly on gauze until the freezing has disappeared and then remove it gently. Replace with new damp gauze if needed.
- If bleeding begins again, place a damp tea bag directly over the surgical area and bite firmly until the bleeding stops.
- Some blood may ooze from the surgical area for a day or two, which is normal. If bleeding continues, contact the office.

Wound Care

- **DO NOT SMOKE** for 7 days because it promotes infection, bleeding and interferes with the healing process.
- **DO NOT SPIT** or suck through a straw. This promotes bleeding.

Discomfort

- Some discomfort is normal after surgery but can be controlled by medication prescribed by the dentist.
- Follow the prescription as advised by your dentist and the directions written on the container. If the medication is not strong enough, please contact the office.
- Medications, if not taken as directed, may cause nausea and vomiting.

Diet

- It is important to drink plenty of fluids (avoid alcohol) and eat regular meals as soon as possible after surgery. Soft foods such as pudding, yogurt, ice cream, mashed potatoes and scrambled eggs may be the most comfortable to start with.

Oral Hygiene

- **DO NOT RINSE WITH ANY TYPE OF LIQUID** for one week after surgery as it may interfere with the blood clot formation, which is vital to the healing process. Rinsing may also wash away any bone grafting material that may have been placed at the time of surgery.
- Continue to brush your teeth but avoid the area of surgery. After brushing, simply let the water fall from your mouth, do not spit.

Swelling

- Swelling after surgery is a normal body reaction. It reaches its maximum 36-48 hours after surgery and usually lasts 4-6 days. To help control the swelling apply ice over the surgical area for the first 24 hours (½ hour on, ½ hour off).

Bruising

- You may experience some mild bruising around the surgical area. This response is normal for some people and should not cause you any alarm. The bruising will disappear in a week or two.

Stiffness

- After surgery you may experience jaw muscle stiffness and limited opening of your mouth, this is normal and should improve within 5-10 days.

Stitches & Packing

- If stitches have been placed, you MAY need to have them removed within 7-14 days and an appointment should be made.
- Dissolving sutures may have been used and usually take 4-6 days to dissolve.
- If a pink 'bubble gum' like material was placed over the surgical area, try to keep it in place for 2-3 days. If it falls off before such time, call the office. It may stay on the whole week and will be removed when you return to the office for your follow up appointment.

Rest

- Avoid strenuous activity for the first 24 hours.

Gum and Bone Grafts

- Do not use toothpaste for one week following surgery.
- It is normal to find some small, white, sand like particle if a bone graft has been placed.

Sinus Lift

- If sinus surgery was performed, DO NOT BLOW YOUR NOSE. It is also normal to experience a slight nose bleed for a few days.

Problems

- If you have any problem or questions please call the office as soon as possible at 905-940-5229.