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Jain Dental Care

POSTOPERATIVE INSTRUCTIONS FOLLOWING ORAL SURGERY

- **DO NOT DISTURB THE WOUND:** In doing so you may invite irritation, infection and/or bleeding. Be sure to chew on the opposite side for 24 hours and keep anything sharp from entering the wound (i.e. eating utensils, hard or crunchy food, etc.).
- **DO NOT SMOKE FOR 48 HOURS:** Smoking will promote bleeding and interfere with healing.
- **BRUSHING:** Do not brush your teeth for the first 8 hours after surgery. After, you may brush your teeth gently, but avoid the area of surgery.
- **MOUTH WASH:** Avoid all rinsing for 24 hours after extraction. This is to insure the formation of a healing blood clot which is essential to proper wound healing. Disturbance of this clot can lead to increased bleeding or the loss of the blood clot. If the clot is lost, a painful condition called dry socket may occur. You may use warm salt water or mild antiseptic rinses after 24 hours *only if prescribed*.
- **DO NOT SPIT OR SUCK THROUGH A STRAW:** This will promote bleeding and may dislodge the blood clot causing a dry socket.
- **BLEEDING:** When you leave the office, you will be given verbal instructions regarding the control of postoperative bleeding. A rolled up gauze pad will be placed on the extraction site and you will be asked to change this dressing every 20 minutes for a total time of 40-60 minutes. It is normal for some blood to ooze from the area of surgery for the rest of the day. If severe bleeding continues, you may moisten a tea bag wrapped in gauze and bite down on it. Tea contains tannic acid which may help to reduce the bleeding.
- **PAIN:** Some discomfort is normal after surgery. Analgesic tablets (i.e. Advil, Motrin, etc.) may be taken. Prescription medication, which may have been given to you, should also be taken as directed.
- **SWELLING:** To prevent swelling, apply an ice pack or a cold towel to the outside of your face in the area of the extraction during the first 12 hours. Apply alternately, 20 minutes on then 20 minutes off, for an hour or longer if necessary.
- **DIET:** Cold, soft food such as ice cream or yogurt may be the most comfortable for the first 2 days. It is also important to drink plenty of fluids.

**REPORT ANY UNUSUAL OCCURRENCES IMMEDIATELY BY
CALLING THE OFFICE.**