

# Gentle Dental

# INSTRUCTIONS

## Post-Oral Surgery

### DAY OF SURGERY:

- Keep gauze in your mouth for an hour or two by maintaining a firm pressure and replace them every half-hour or as needed. If bleeding persists, bite gently into a moist gauze or black tea bag for 20 minutes. Red-coloured saliva is a normal post-operative effect. Do not dislodge the blood clot that has formed in the tooth socket because it helps in healing. Do not eat anything until bleeding has stopped.
- Always keep your head elevated. Limit your physical efforts and rest.
- If needed, apply ice on the cheek at regular intervals (20 minutes every hour).
- Do not drink through a straw. Do not rinse your mouth out or spit forcefully.
- Do not smoke or drink alcohol.
- Avoid brushing your teeth near the extraction site for the first 72 hours.
- Sutures may have been placed which will dissolve on their own in a few days.

### DISCOMFORT:

- If you are experiencing discomfort, take medication that has been prescribed to you. If you were prescribed antibiotics for this treatment, continue to take them as directed for the full specified time period, even if symptoms disappear.

### DIET:

- Only eat soft foods or cool liquids on the day of the extraction(s). Resume your usual diet as soon as you are able to. Refrain from dairy, hard/crunchy foods, and spicy foods.

### CARE INSTRUCTIONS:

- The day following your surgery and up until the site(s) are completely healed, rinse your mouth 3 times a day with warm water and salt (2ml or ½ tsp of salt in 250ml or 1 cup of water). Brush and floss every day to remove plaque and ensure better results in the long term (avoid brushing directly on the site for 72 hours). Bruising may appear on the skin; this will disappear after 5-7 days. You may experience difficulty opening your mouth. It should go back to normal after a few days.

**If after 3 days the pain increases instead of decreasing, please contact our office at #604-371-0801 as this may be a sign of a dry socket.**