



## Instructions following Oral Surgery

Following these instructions carefully will help to ensure a speedy recovery. However if complications such as worsening pain beyond 4 days or a foul smell/taste from the site arise,

**Please call our office at 780.478.6691**

### During the first 24 hours:

**It is important that a blood clot forms on the extraction site to stop bleeding, reduce pain, and speed healing. To protect the clot and avoid the pain of dry socket:**

- \* Bite on a gauze pad firmly until bleeding stops. Change gauze every 20 minutes. Some oozing is normal. The site could ooze for as long as 24 hours.
- \* Don't spit, and don't suck on candies or through a straw.
- \* Don't smoke or use tobacco. Avoid tobacco for at least 72 hours because it slows healing.
- \* Limit yourself to calm activities and elevate your head with pillows when you lie down to reduce bleeding.
- \* Stitches may have been placed. If they are a yellowish colour, they will dissolve in 5-7 days. If they are white or black in colour they will be removed at your follow up appointment.
- \* Don't drink hot, carbonated, or alcoholic drinks, and avoid hot or spicy foods
- \* To control discomfort, take Ibuprofen (Advil, Motrin). You can take 400 mg every 4-6 hours.
- \* To keep swelling to a minimum, use an ice bag over the area, 10 minutes on and 20 minutes off.
- \* When the numbness has worn off completely, drink lots of fluids and eat only soft nutritious foods, chewing on the opposite side.
- \* Brush and floss very carefully around the site.
- \* If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
- \* Don't rinse your mouth today. Starting tomorrow rinse gently with a warm salt water solution (1/2 tsp of salt in a full cup of warm water) 2-3 times a day.