

POST OPERATIVE INSTRUCTIONS ORAL SURGERY

- After the examination, damp gauze will be placed over the open socket. You will be dismissed home biting on gauze. Please leave the gauze in place for 20-30 minutes; this will help form a clot.
- You will be given extra gauze for home use, change the gauze as needed (be sure to lightly dampen first with water). If you run out of gauze, wet tea bag and place in the socket. The tannic acid in the tea-bag will help form a clot.
- Take any prescribed medication as directed and required. Take antibiotic prescription (if given) **UNTIL FINISHED** – even if pain and swelling have subsided. Take analgesics (pain medicine) as directed when needed.
- **DO NOT TAKE ASPRIN** – it is a blood thinner (anti-platelet) and can prolong/promote bleeding.
- **DO NOT SMOKE OR DRINK ALCOHOL** – for 48 hours after the extraction. Both activities can promote bleeding and increase your risk of post-operative infection.
- **DO NOT VIGOROUSLY RINSE/SPIT** – for 24 hours after the extraction. The constant rinsing and spitting can promote bleeding. The next day you can start to gently rinse with warm saltwater (1 teaspoon of salt with 8oz of water) to promote healing.
- **DO NOT DRINK FROM A STRAW** for 24 hours following the extraction. The sucking action produced pressure changes in the mouth that can cause the clot to dislodge and promote bleeding.
- If you are swollen after the procedure, apply an ice pack to your face alternation 10 minutes on and 10 minutes off.
- **GO HOME AND REST** – avoid physical exertion, this can promote bleeding.
- Keep anything foreign out of the extraction site – your tongue and fingers can re-infect the area. Keep the area clean. Brush gently around the extraction site for the first week.
- **MAINTAIN A SOFT DIET FOR 24 HOURS FOLLOWING THE PROCEDURE.**

CONTACT OUR OFFICE IF YOU EXPERIENCE ANY PROBLEMS

Business Hours: (905) 871-1475

After Hours: (647) 680-5320