

Instructions Following Oral Surgery or Complicated Tooth Removal

1. Keep tongue and fingers away from surgical area.
2. Do not rinse the mouth the same day as treatment. The following day, any mouth wash or salt rinse (½ teaspoon salt per glass of lukewarm water) may be used approximately 10 to 20 times daily and after eating. Gentle brushing of teeth may be resumed the day after surgery. Do not rinse if bleeding occurs.
3. Bleeding- Avoid spitting and rinsing if bleeding occurs. It is normal for saliva to be blood streaked for a day or so. It is not normal for the mouth to fill with bright red blood at any time. Rarely, bleeding may start up many days after surgery. To stop bleeding – First, wipe away excess clot on gums before applying pressure. Continuous pressure is then applied by biting down on the gauze for at least 1 hour. An ordinary tea bag, wet or dry, may be used as a pack. Continuous hard pressure is needed to control the bleeding. Repeat if necessary.
4. Pain- Normally, pain becomes less severe with each passing post-operative day, and some discomfort is to be expected. The prescription for pain pills is provided for this. If severe pain persists or increases, call the office.
5. Swelling- This is a perfectly normal occurrence which can last up to 10 days. An ice pack may be used. Maximum swelling occurs 48 hours after surgery. On occasion, delayed swelling may occur from lower wisdom teeth sockets several weeks or months following surgery. The cause may be food debris accumulation. Antibiotics and cleaning of the socket may be indicated.
6. Trismus- or inability to open mouth is very common and can last from one to three weeks.
7. Diet- Patients can eat anything they are able to tolerate comfortably as soon as desired. Soft foods are recommended the day of surgery.
8. Consulting your physician- Please do not ask your physician for advice or treatment regarding post-operative oral surgery problems. Please call our office.
9. Bad taste or odour in the mouth- May be due to stitches and can be relieved by using a mouthwash.
10. Stitches- will dissolve spontaneously in anywhere from 3-10 days.
11. Dentures- Do not remove the denture for at least 2 days. It is best to check with the dentist or therapist who made your denture before removing.
12. Sharp edges and pieces of socket or bone- occur frequently. These usually disappear within 8-10 weeks. On occasion, it may be necessary to return to the office to have them removed. Call our office for advice.
13. Bruising of skin on facial area- Especially in older patients, and more likely if sutures are used. May last 1-2 weeks. Use cosmetic cover-up. No specific treatment required.
14. Numbness, burning and tingling of lip, tongue, chin, teeth and gums- May occur in difficult lower extractions or removal of lower wisdom teeth. May last 6 months to one year. Very rarely permanent.
15. Sores or abrasions- May occasionally appear on the lips and corner of the mouth following surgery. This is due to stretching during surgery. They may, on occasion, require a suture. Use vaseline freely to keep moist.
16. Canker sores- occasionally appear following surgery. Symptoms disappear in one week. No treatment required.
17. Drive or operate vehicles- Patients are reminded not to operate vehicles or to drink alcohol when pain medication is being taken. Patients are not to operate vehicles on the day of surgery after oral sedatives.