



West Coast Oral, Facial and Implant Surgery

Dr. Anthony Rea

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INSTRUCTIONS FOLLOWING ORAL SURGERY

Bleeding: Gauze will be placed in your mouth over the sites from which the teeth have been removed. You will be given some gauze and instructions on how to change the gauze at home on the day of your surgery. Expect your saliva to be discolored on the day of your surgery. However, if you notice any new, persistent bleeding, bite down on the gauze firmly for ½ hour. If the bleeding continues contact our office. It is not unusual, however, to bleed slightly or intermittently for approximately 24 hours after surgery. In addition, **do not** sleep or eat/drink with the gauze in.

Bruising and Swelling: Apply ice packs to the outside of your face in ½ hour on and ½ hour off increments for the first **24** hours after your surgery. This should be done while you are awake. You do not require ice while sleeping. Bruising may occur in some patients after oral surgery. It can appear around the jaw and in some cases, travel down to the collar bone. This is not unusual and will disappear in time.

Diet: You may eat directly after surgery. It is very important to have food in your stomach before you take the pain medication or antibiotics that Dr. Rea prescribed, as they can upset an empty stomach. Do not use a straw or create suction in your mouth, as this can promote dry sockets. Please use caution with hot foods/drinks. Choose soft/mushy foods to eat, especially while you are still frozen so you don't bite your tongue or cheek. It is not necessary to only have a liquid diet after your surgery. You may start with liquids and slowly progress to soft foods like eggs, mashed potatoes, soft pastas, protein shakes, etc for one week following surgery. After one week you may progress your diet again to more solid foods. If you have not developed any postoperative complications you may resume your normal diet at about 2-3 weeks.

Care of Your Mouth After Surgical Procedure: DO NOT DO VIGOROUS RINSING OF YOUR MOUTH OR BRUSHING OF YOUR TEETH for the rest of the day after oral surgery. The following day you can brush your teeth and you are advised to rinse your mouth in the morning after breakfast, and at bedtime (for one week) with a 1/2 TEASPOON OF SALT IN 1 CUP OF WARM/HOT WATER. You will have STITCHES in your mouth that will dissolve on their own 2-7 days after surgery.

Delayed Healing – Dry Socket: DO NOT SMOKE FOR 3 DAYS FOLLOWING SURGERY!!! Following all of the above instructions will help prevent delayed healing, such as dry socket. Normal healing after oral surgery involves the presence of a blood clot where the tooth has been removed. In patients who develop a dry socket, this clot has usually disintegrated. The indication that you may have a dry socket is - INCREASED PAIN 3-4 DAYS AFTER SURGERY. Sometimes this pain may feel like an earache, headache or toothache. Please call the office if you think you are experiencing any of these symptoms.

When to Call for Assistance: If you have persistent bleeding on day of your surgery, significant pain or significant swelling for longer than 5 days and a fever, contact the office @ 370-7066. If it is after business hours, you will be given the contact number of your surgeon, or the surgeon on call.

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INSTRUCTIONS FOLLOWING ORAL SURGERY

For Patients Who Received Oral Sedation:

Discharge from Office: A responsible adult must accompany the patient home. The responsible adult must stay with the patient for the remainder of the day and night.

Transportation from the office should be via private automobile; public transportation is not recommended.

DO NOT operate a motor vehicle or any machinery for **24 hours** or longer if drowsiness persists.

After surgery, it is important to slowly progress your diet on the day of surgery. Start with soups and soft food for the next few days. It is very important to keep hydrated. Choose drinks with electrolytes such as Poweraid or Gatorade. Avoid foods with seed, nuts or husks as they can get lodged within your surgical wounds.

Taking Your Medication:

- #1** Dr. Rea will prescribe pain medication such as Tylenol #3, or other pain medication, after your surgery. You are advised to start taking your first dose of pain medication **BEFORE** your freezing wears off. The freezing normally lasts 2-3 hours following the surgery. Make sure that food is taken before the medication to help prevent an upset stomach.

- #2** You may be given a prescription for an antibiotic to be taken as prescribed following surgery to aid in the prevention of dry socket and infection. Start this medication postoperatively on your day of surgery as soon as you are able to eat or drink something. It is best to take this medication approximately one hour apart from the pain medication to avoid getting an upset stomach. It is important to know that all antibiotics can affect the function of birth control pills. Please use other methods of birth control during this time. If you experience persistent diarrhea while on the antibiotic, **STOP** it immediately and contact the office for instructions.

- #3** You will likely need the prescribed pain medication for 48-72 hours after surgery. Ibuprofen (Advil) is also recommended to decrease pain, swelling and inflammation after wisdom teeth removal. After 72 hours you may want to alternate your prescription with Ibuprofen (Advil). The dosage range is 400mg every 4 hours, or 600mg every 6 hours, for 48-72 hours after surgery.