



2 Albert St., N., Lindsay

**705-878-0933**

### Instructions Following Oral Surgery

**Emergencies:** Do not hesitate to call Lakeland Clinic at any time if you have any doubts regarding these instructions or the condition of the patient

Tel: 705-878-0933

Toll Free: 800-622-0252

Fax: 705-878-8803

1. Keep fingers and tongue away from tooth socket or operative site.
2. **DONOT SMOKE** for 72 hours following surgery – smoking greatly increases the chance of dry socket.
3. **EATING:** Do not rinse your mouth for 12 hours. You may drink lukewarm or cool liquids immediately but do not use a straw. Restrict your diet to soft foods for the first few days following surgery. A regular diet can usually be resumed in 4-5 days.
4. **BLEEDING:** It is normal for the saliva to be lightly streaked with blood for a few days. If bleeding is present, fold gauze moistened in cold water, into a firm thick wad and place directly against the surgical site. Maintain steady biting pressure for 30 minutes. The less frequently the gauze is changed, the better. Do not spit out. Do not chew the gauze. In an emergency, a tea bag moistened in warm water may be substituted for the gauze pad. Do not rinse your mouth until 12 hours after the bleeding has stopped. Do not go to sleep with the gauze or tea bag in your mouth.
5. **SWELLING:** Considerable swelling may be expected in some cases, reaching its maximum is about 2-3 days, then disappearing in a further 4-5 days. An ice pack may be applied to the outside of the face next to the surgery site – 20 minutes on / 20 minutes off for the first 24 hours. This helps minimize swelling and relieve the discomfort. Rest with your head elevated for the first day.
6. **PAIN:** 1-2 Tylenol tablets may be taken as necessary to relieve discomfort of simple types of surgery. A prescription for more severe pain will be provided, be sure to fill the prescription, have on hand, and take as directed. Do not take any other pain medication with prescribed pain medication unless you have been specifically directed to do so by the oral surgeon. Do not drink alcohol when taking pain medication. Prescriptions may cause drowsiness – DO NOT take if driving, operating machinery or doing anything requiring concentration.
7. **NAUSEA:** If you experience nausea, stop taking all pain medication and the antibiotic that was prescribed. Ingest ONLY clear fluids. Resume medication when nausea is gone. If necessary purchase Gravol tablets or Gravol suppositories (no prescription is required)
8. **ANESTHESIA:** Following anesthesia or sedation, you are **IMPAIRED FOR 18 HOURS**, do not consume alcohol, drive a motor vehicle/car, or operate machinery, including performing any tasks that require concentration.
9. **CONGESTION:** Avoid vigorous nose blowing if upper teeth have been removed, for up to 3 days following surgery. If you experience nasal or sinus, congestion contact Lakeland Clinic and your oral surgeon for a decongestant.
10. **ANTIBIOTICS:** If antibiotics are prescribed THEY MUST BE TAKEN as directed. Take them for the full number of days prescribed unless you experience an adverse reaction such as itching, rash, hives, swelling or difficulty breathing – in this case stop taking the medication and inform Lakeland Clinic.
11. **DISCOLORATION:** Bruising of the skin may occur. It is temporary and usually resolves in a week or two
12. **SUTURES:** are absorbable and will dissolve on their own in 5-8 days. 1-2 sutures may fall out early, not to worry, this can happen on occasion.



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13. **IMMEDIATE DENTURES:** do not remove immediate dentures for 8 hours following surgery. After that time, remove, clean and put back in immediately.
14. **HEAT:** if there has been swelling or bruising, you may apply mild heat using a hot water bottle or heating pad. This should be started 72 hours post surgery. Apply to affected area, 20 minutes on / 20 minutes off.
15. **FEES:** Consultations, extractions, and anesthesia or sedation provided at Lakeland Clinic are not covered by OHIP. Oral surgery fees are generally 10-20% higher than those of general dentists, and may not be totally covered by your insurance plan. You are responsible for payment of any amount not covered by your insurance company
16. **QUESTIONS:** should any questions arise regarding any aspect of the surgery, anesthesia or sedation, fees, or services please contact Lakeland Clinic by calling 705-878-0933 Toll Free 800-622-2052