

Postoperative Instructions

Wound care

- Bite firmly on gauze pack that has been placed, until you arrive at home, then remove it gently.

Bleeding

- Some blood will ooze from the area of surgery and is normal. You may find a blood stain on your pillow in the morning, so it is advisable to use an old pillowcase the first night.
- Do not spit or suck thick fluids through a straw, because this promotes bleeding.
- If bleeding begins again, place a small gauze pack directly over the tooth socket and bite firmly for 60 minutes. An unused tea bag is an excellent alternative.
- Keep your head elevated with several pillows or sit in a lounge chair.

Discomfort

- Some discomfort is normal after surgery. It can be controlled but not eliminated by taking pain pills your dentist has prescribed.
- Take your pain pills with a whole glass of water and with a small amount of food if the pills cause nausea.
- Do not drive and drink alcohol if you take Tylenol #3 or prescription pain pills.

Diet

- It is important to drink a large volume of fluids. Do not drink thick fluids through a straw, because this may promote bleeding.
- Eat normal regular meals as soon as possible after surgery. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day.
- We encourage good nutrition and vitamin supplementation following surgery to promote favorable healing.
- Softer foods such as soups, pastas, yogurt, pudding, fish or eggs should be eaten the first day or two after surgery.
- Try to avoid foods with small seeds (such as poppy seeds, sesame seeds, raspberries) for a few days following surgery.

Oral hygiene

- Do not rinse your mouth or brush your teeth for the first 8 hours after surgery.
- After that, rinse gently with warm salt water (1/2 teaspoon of salt in 8oz of warm water) every 4 hours.
- Brush your teeth gently, but avoid the area of surgery.

Swelling

- Swelling after surgery is a normal body reaction. It reaches its maximum about 48 hours after surgery and usually lasts 4 to 6 days.
- Applying ice packs over the area of surgery for the first 12 hours helps control swelling and may help the area to be more comfortable.

Rest

- Avoid strenuous activity for 12 hours after your surgery.

Bruising

- Mild bruising in the area of your surgery is a normal response in some persons and should not be a cause for alarm. It will disappear in 7 to 14 days.

Stiffness

- After surgery you may experience jaw muscle stiffness and limited opening of your mouth, This is normal and will improve in 5 to 10 days.

Stitches

- Sutures used in our office are dissolve on their own. There is no need to have them removed.

Call the office if:

- You experience excessive discomfort that you cannot control with your pain pills.
- You have bleeding that you cannot control by biting on gauze.
- You have increased swelling after the third day following your surgery.
- You feel that you have a fever.
- You have any questions.

Medications

- **IBUPROFEN (Advil, Motrin): DO NOT USE IF ALLERGIC TO ASPIRIN OR IF YOU ARE A SEVERE ASTHMATIC.**
 - We recommend two tablets (400mg) every four hours for the first day of surgery and one tablet in the morning & evening for 3 days after surgery. Ibuprofen is an excellent anti-inflammatory and a good pain reducer. DO NOT exceed 3200mg (maximum adult dose) in one 24 hour period.
- **TYLENOL 3 (optional): is a strong pain reducer with contains codeine. You should not operate a motor vehicle after taking codeine for at least 6-8 hours. USE AS DIRECTED.**
NOTE: Codeine may promote constipation
 - DO NOT EXCEED 12 'Tylenol 3' tablets in one 24 hour period.
- **CHLORHEXIDINE RINSE (optional): use one capful three times a day. Swish for 30 to 60 seconds the spit remaining rinse into the sink. Discontinue after 14 days.**
- **SALT WATER RINSE: Mix 1 teaspoon salt to 8oz. warm water and rinse for 10 seconds. Repeat 2-3x per/day**

Smoking and healing

Recent studies have indicated that tobacco smoke delays soft tissue healing! The toxic constituents of cigarette smoke – particularly nicotine, carbon monoxide and hydrogen cyanide – suggest potential mechanisms that may undermine timely healing;

- **Smoking causes blood vessels to tighten up.** This decreases blood flow to the healing area. With less blood, it's harder for damaged tissues to get the nutrients and oxygen they need to heal properly.
- **Smoking decreases the level of oxygen in the blood.** Healing tissues need plenty of oxygen, but they don't get it if you're a smoker.
- **Smoking decreases the formation of collagen.** Collagen is the main protein in connective tissue that is needed for a wound to heal properly.
- **Smoking increases scar tissue formation.** By limiting the migration of fibroblasts – the most common type of cell found in connective tissue – to the wounded area. This leads to an accumulation of these cells at the edge of the wound.
- **Smoking increases the level of hydrogen cyanide in the bloodstream.** This makes it harder for chemicals in the body to transport oxygen from cell to cell – an action that is necessary for healing.

PHONE NUMBERS

Office: 403-281-4264

Emergency: 403-807-8508 - Dr. Harbison

587-917-2532 - Dr. Carey

If you are unable to receive an answer at either of these numbers please contact a medical emergency clinic.

t: 403.281.4264

f: 403.281.9365

e: info@westpeaksdentalsuite.ca

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