

## **POSTOPERATIVE GUIDELINES FOLLOWING ORAL SURGERY**

Following oral surgery, it is very important to adhere to all postoperative guidelines in order to optimize the healing process.

### **Bleeding**

Bite on sterile gauze pads for 30 to 40 minutes. If the bleeding does not appear to stop, you can bite on a tea bag for 30 to 40 minutes or until the bleeding stops.

### **Swelling and discolouration of the skin**

Swelling can occur up to 72 hours after the procedure. It should disappear after four (4) to five (5) days. To reduce the risk of swelling, apply ice for 15 minutes every hour for the first 48 hours. If swelling persists beyond 48 hours, apply warm, moist compresses.

Skin discolouration may also occur. This is also normal and will disappear after about one (1) week.

### **Stitches**

The stitches will heal approximately three (3) to five (5) days after the procedure.

### **Medication**

Take the medication as prescribed.

### **Oral hygiene**

Do not rinse the mouth for the first 24 hours after the procedure. After the first 24 hours, gently rinse your mouth with saltwater ( $\frac{1}{2}$  tsp. salt per cup of warm water), four (4) to five (5) times a day without spitting. Allow the fluid to drain from the mouth. Avoid touching the extraction site when brushing your teeth for 24 hours.

### **Physical effort**

Avoid physical effort until 72 hours after the procedure.

### **Cigarettes/alcohol**

Ideally, stop smoking for at least two (2) weeks following the procedure to reduce the risk of infection. Avoid alcoholic beverages for the first 24 hours following the procedure, or longer depending on your prescribed medication.

### **Eating and drinking**

Avoid hard, crunchy foods following the procedure. Avoid hot and spicy foods. Opt for liquids for the first 48 hours (fruit juice, vegetable juice, drinks such as Boost and Ensure, etc). Eat soft foods for the following four (4) to five (5) days.

**Do not drink through a straw for the first 48 hours after the procedure.**