

POST-SURGICAL CARE

Following extractions (including wisdom teeth)

Bleeding Control:

- Continue to bite on the wet cotton gauze in your mouth for about an hour.
 - After an hour, take it out of your mouth (it is normal for the gauze to be red with blood) but:
 - if you see blood oozing from the surgical site, take 2 pieces of fresh gauze (provided for you), wet it under cool tap water, fold it, place it on the surgical site bite down for an additional 30 minutes
 - if you still see blood is still oozing from the surgical site, take any “ tea bag”, wet it under cool water and bite on it for an additional 30 minutes.
 - if you don't see blood oozing from the surgical site => do nothing (bleeding has stopped)
- *slight redness in saliva is normal and expected.*
- *Be very careful **NOT** to disturb things in your mouth for the rest of the day. This means:*
 - NO spitting (let liquid like saliva/water gently fall out of your mouth or swallow it)*
 - NO sucking with a straw (use a cup to drink)*
 - NO vigorous rinsing out*
- **the more you disturb the areas in your mouth, the more likely it is to bleed and affect healing so be very gentle!***

Swelling:

- Swelling usually is at its maximum 3 days after the procedure. There are things you can do to reduce swelling, such as:
- Place an ice pack or something cold (frozen vegetables) on the part of your face nearest the surgical site. Do this for 20 minutes on and then 20 minutes off for the remainder of the day.
 - Put some ice cubes/chips in your mouth and let them touch the area of where the surgery was. This beneficial to do for the remainder of the day.

Smoking:

NO smoking for 2 weeks! Smoking delays healing & increases chance of painful complications like dry socket.

Diet:

- Soft diet is advised like things such as soup, jello, mash potatoes, ice cream, protein shakes, juice, and eggs. Make sure the food is cold or room temperature for the first day.
- Slowly you will start to eat harder foods as you feel comfortable but a soft diet if recommended for at least the first 3-4 days.

Sutures/stitches:

- Unless otherwise told, if you have these, they will fall out (dissolve) on their own from a few days to a week.

Physical Activity:

- Refrain from exercise and strenuous physical activity for at least 5 days after surgery.

Rinsing:

- The day after, do gentle warm salt water rinses, in the morning and before bedtime for 2 weeks.

Brushing:

- Refrain from brushing for the rest of the day. Resume brushing the day after.

Pain:

- Take pain killers prescribed as directed.