
POST OPERATIVE INSTRUCTIONS

On the day of surgery you should rest. Do not drive an automobile, operate machinery or sign legal documents for 24 hours following a general anaesthetic. You are considered impaired.

Should you have any bleeding, rinse your mouth with ice cold water and **BITE ON THE GAUZE** provided. Leave these in place over the area of bleeding all day. Some bleeding after oral surgery is usual and may last up to 24 hours. You may substitute a wet or dry tea bag if needed.

On the day of surgery you should have only cold fluids. (Ex: Sprite, Ginger Ale, Apple Juice, Slurpee ect) Do **NOT** use a straw. Please note that hot liquids (soup, coffee) can cause extra bleeding.

The day following surgery you may eat and drink as able, but until fully healed you should rinse your mouth with warm salt water solution before bed and after every meal. Tooth brushing should be resumed as soon as possible. 1/4 tsp salt to 1 cup of warm water for 7-10 days.

Swelling is normal following surgery. This usually increases for 48 hours and then slowly resolves over the following week to 10 days. Ice packs applied in the first 24 hours will help reduce the amount of swelling. If you have severe swelling which obstructs your airway, go to the nearest emergency room immediately.

Bruising occurs in some patients. This will change color and last for approximately 2 weeks.

Pain follows surgical procedures. Take the pills prescribed for you as directed. It takes 30-60 minutes from the time the medication is taken until the full benefit can be expected. Strong medication can produce drowsiness. Do not drive an automobile or operate machinery while taking prescribed narcotic painkillers.

Dentures should not be removed until the patient has seen his/her dentist/denturist unless extensive bleeding

Bone Chips (sharp edges of bone) may occasional be noticed. These will usually disappear within a few weeks. If they become extremely bothersome they can be removed by the surgeon.

Sutures used are usually ones that dissolve. Don't be alarmed if you find small threads in your mouth.

Following surgery you are to refrain from smoking for at least 10 days as smoking will increase the chance of infection and delay healing.

If there is communication with the sinus cavity please refrain from blowing your nose for 3 weeks, dab it only. If you need to sneeze open your mouth and try to let it come out. The less pressure the better. Otrivin spray in your nose twice a day will help.

If you have any question or concerns please call our office at (204) 779-7779. If our office is closed, please go to the emergency room at the nearest hospital.