

POST-OPERATIVE INSTRUCTIONS AFTER ORAL SURGERY

1. **RINSING** – Do not actively rinse your mouth for the remainder of the day on which surgery is performed. Fluids should be taken, but **NO RINSING**. Beginning the day after surgery, start rinsing with warm salt water (1/2 tsp. salt to 1-cup warm water) 3 to 4 times daily. Brush gently with soft brush.
2. **BLEEDING** – Some bleeding is expected following surgery. If this persists, place a folded gauze pad or moistened tea bag over the area and bite down firmly for one hour. Repeat as necessary if bleeding continues. The gauze or moistened tea bag must be placed directly over the bleeding area and not between the biting surfaces of the teeth.
3. **SWELLING** – Apply ice or an ice pack to the outside of your face as often as possible for the first 24 hours following surgery. **AFTER 48 hours** have passed, apply hot packs to your face as often as possible until the swelling has disappeared. This may take four to five days.
4. **DISCOMFORT** – Take the prescribed medication as indicated on the label. If pain is still severe, contact Dr. Klara at 250-864-7774. **DO NOT MIX ALCOHOL AND PAIN MEDICATION. Take 2- 200mg Ibuprofen every 4 hours for 3-4 days (as needed). No ibuprofen for 48 hours post op if PRF was completed**
5. **INFECTION** – If antibiotics were prescribed, take as indicated on the label until EVERY tablet is gone. Please contact us if problems with diarrhea or skin rash appear.
6. **FOOD** – Eating will be difficult following surgery. Liquid or soft foods will be easiest for the first few days. Try to return to a normal diet as soon as possible. Maintain a high fluid intake at all times. Do not use a straw.
7. **AVOID** – All excessive activity. Do not pick at the surgical area. **NO SPITTING. DO NOT USE A STRAW** - pressure can dislodge the blood clot and continue to bleed. **DO NOT SMOKE** – smoking may cause infection. **DO NOT DRINK HOT LIQUIDS** or **EAT SPICY FOODS, CRUNCHY FOODS, or SMALL SEEDS** until healing is well established, (approximately 48 hours).
8. **BRUISING** – Bruising is common and normal following surgery. It results from blood deep within the tissues being pushed toward the skin surface. It is **NOT** the result of force or pressure applied to the skin during surgery. Sleep tonight with your head elevated by a second pillow – 10-30 degrees.
9. **SEDATION** – The sedative effect can continue for up to 24 hours. **DO NOT DRIVE OR OPERATE MACHINERY DURING THIS TIME.**

If you have any questions or concerns after hours, check our website at www.accessdentalkelowna.ca or Dr. Burlacu's cell phone # is 250-864-7774