

ABLE DENTAL GROUP

Office: (403) 327-7227 Toll Free: 1-800-552-8053

INSTRUCTIONS FOLLOWING SURGERY

Day 1 (immediately following surgery – up to 24 hours)

If you had a General Anaesthetic or IV Sedation, you will not be able to drive or operate any vehicle or machinery including household appliances for 24 hours after surgery.

CONTROL BLEEDING: place a gauze pack or dry Orange Pekoe tea bag directly over the surgical site firmly for 1/2 to 1 hour. Repeat this as necessary.

NOTE: Slight oozing is normal for a few days. While sleeping, some bleeding may occur. Elevating your head while sleeping may help.

- ✓ Do not rinse for the first 24 hours – this allows the clot to form in the socket.
- ✓ Do not use straws or suck, avoid spitting, drinking alcohol, smoking, sports, physical activity and heavy lifting (>20 lbs.) for 2 weeks following surgery – these activities can dislodge the clots. Use a spoon rather than a straw. It is okay to swallow normally, drinking fluids and eat soft foods. If you need a letter for work or school, our receptionist will issue one for you.

If nausea occurs – take Gravol and drink flat ginger ale or snack on soda crackers.

If you have a prescription – please follow the instructions given to you by your pharmacist. If you are prescribed ibuprofen, you may take 1000 mg of extra strength Tylenol in between ibuprofen doses to help control discomfort. (Days 3 - 5 are the true healing days where you may experience more pain and discomfort.)

SWELLING: is normal. To minimize swelling and pain apply an ice pack for 15 minutes on and 15 minutes off for the first 48 hours after surgery. (Leaving the icepack on for longer than 15 minutes may cause frostbite.)

DIET

Begin drinking cool or warm fluids and eating soft foods as soon as possible.

SUGGESTED DIET includes scrambled eggs, yogurt, cottage cheese, warm soups, porridge, puddings, over-cooked pasta and pancakes.

Do not drink hot drinks or hot soup for 2 days. (Excess heat can soften sutures.)

Do not eat anything hard and crunchy for two months following surgery. i.e. Rice, nuts, popcorn, seeds.

Day 2 (24 – 48 hours following surgery)

Rinse gently with salt water (1 teaspoon salt to 1 cup warm water). No mouth-wash. Rinse after eating, before bed and when you have time. Regular rinsing will help minimize the occasional odor that occurs with healing. Normal brushing of other teeth is important - good oral hygiene increases healing.

Day 3 (after 48 hours following surgery)

After 48 hours, warm compresses may be applied instead of ice. (see instructions are on the ice pack).

Day 4

If you received an oral syringe, begin rinsing and flushing food debris out of the sockets. Fill syringe with warm water, insert into socket through path of least resistance (about 2 – 3mm) and gently flush. Repeat 3 – 4 times daily. This is very important to keep the extraction areas clean especially the teeth extracted in the lower dentition. Good oral hygiene increases healing and prevents infection. Continue this procedure until the sockets are completely healed over. (Up to 2 months)

General Information

- ✓ Stitches are dissolvable. They usually take 2 weeks to dissolve, but may fall out after a few days. This is usually not a problem.
- ✓ Please contact our office if you have any concerns.
- ✓ Dentures should be left in for 24 – 48 hours. It is recommended to return to the dentist/denturist who made the dentures for adjustments 24-48 hours after surgery. If your dentist/denturist is not available, post- op appointment can be made at our office

Patient or designate must inform the facility of any serious event and/or hospital admission within 10 days following a general anaesthetic at this facility.