

SOUTHPORT DENTAL CARE

Family & Cosmetic Dentistry

CARE FOLLOWING ORAL SURGERY

READ CAREFULLY AND COMPLETELY

You have just undergone a surgical procedure. The extent of the discomfort and swelling which you will experience is largely controlled by you.

THINGS TO EXPECT

DISCOMFORT at least some is quite normal following dental surgery. The most discomfort will be experienced as the freezing wears out. If medication has been given or prescribed – take as instructed. If you develop hives or a rash, discontinue all medications and immediately and contact this office.

WARNING **DO NOT DRIVE OR ATTEMPT TO OPERATE MECHANICAL EQUIPMENT AFTER TAKING PAIN MEDICATION!**

SWELLING this is normal following a surgical procedure in the mouth. It should reach its maximum in 24 to 48 hours and diminish by the fourth day after surgery.

Difficulty in opening or swallowing may occur, this should last no longer than two and half to three days.

THINGS TO DO

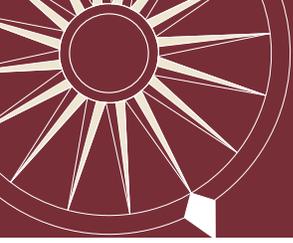
BITE on a thick gauze pad for 45 minutes. If bleeding persists, rinse mouth gently, Wipe area clean and repeat biting on gauze until bleeding ceases.

APPLY ICE to the side of the face over the operated site. Place ice cubes into a plastic bag, and wrap this in one layer towel, and hold to face for 20 minutes on and 15 minutes off.

Ice can be applied up to 2 days post operatively.

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EAT soft nutritious foods and drink plenty of fluids. If you find eating to be difficult you may supplement your diet with liquids such as Carnation Instant Breakfast, milkshakes or eggnog.

Good nutrition following surgery is essential to good healing!

REST avoid excessive activity. Place an old towel over your pillow to catch any excess hemorrhage.

THINGS NOT TO DO

DO NOT RINSE or use mouthwash for 36 hours. The following day you may rinse gently with warm water and salt several times daily.

There should be **NO SMOKING** for the first three hours. After three hours, if you must smoke an **occasional puff** can be taken for 48 hours.

AVOID SPITTING OR SUCKING THE WOUND. This creates a negative pressure in the mouth and tends to displace the blood clot, in turn leads to additional bleeding and possibly a **DRY SOCKET** (BONE INFLAMMATION).

NO ALCOHOLIC BEVERAGES should be taken the day of or the day following oral surgery. **THIS INCLUDES MOUTHWASH.**

For any questions or concerns following surgery please contact the office at **403 255-3202**. An after - hours emergency contact number is available on our office answering machine should you call outside of regularly scheduled office hours.

“the
difference
care makes”

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