

## POST-OPERATIVE INSTRUCTIONS FOR ORAL SURGERY AND EXTRACTIONS

You need to look after yourself carefully after you have had a tooth taken out or any dental surgery. Following these instructions will help minimise post-operative pain, swelling, tenderness and aid healing, as well as prevent infection.

- Do not rinse your mouth out for at least 12 hours after an extraction. This will help stabilize the blood clot in the socket. After extraction of multiple teeth or after wisdom teeth removal, apply Ice bags on the site of surgery 10 minutes every 20 minutes for few hours, this will help reduce swelling, bleeding and pain.
- Next morning and for two weeks, use salty water as a mouth rinse after meals, any snacks, and before going to bed. Dissolve a teaspoon of salt in a glass of warm water and then swish gently and spit.
- It is important to keep your mouth clean. Brush your teeth as normal but brush the area of treatment gently, taking particular care not to cause any bruising or bleeding.
- Avoid eating until the local anaesthesia has worn off. This will stop you from accidentally chewing or burning your cheeks. Avoid food and drinks that are hot / spicy / tough as the area will be sensitive.
- If you start to bleed again, do not worry, use one or two of the provided Gauze or alternatively use humidified tea bags, place it over the bleeding socket and bite tough for 30 minutes. The pressure should stop the bleeding. Should bleeding restart, repeat the procedure again.
- You may experience some pain, swelling and bruising after treatment. This will only be short-lived and will improve after three days.
- Make sure you take some painkillers for the first 24 hours. These will help to reduce the pain and swelling. After this, take them as and when you feel you need them. Ibuprofen, paracetamol or a prescribed one are good painkillers to use. Avoid taking aspirin as it may cause bleeding. If you are asthmatic, avoid taking ibuprofen as it may worsen your asthma.
- Take it easy for the rest of the day; avoid demanding physical work or exercise. Also refrain from drinking alcohol for the first 24 hours, as this can encourage bleeding and delay healing.
- Avoid smoking for at least 5 days after treatment. Smoking reduces the rate of healing and increase the risk of infection, which can be very painful. Ask your pharmacist for alternatives such as nicotine patches.
- If you had stitches during surgery, they are usually dissolvable, and will disappear gradually within a couple of weeks. If you feel small pieces of bone or stitches working their way out of the surgical site, don't worry – this is normal.
- If the tooth socket becomes very painful and has bad smell two or three days after the extraction, you should consult our office.
- **If you have received SEDATION for your procedure, For the next 24 hours, do Not drive a car, operate machinery or power tools; Do not engage in any athletic sport activities, such as, basketball, jogging, etc., Do not sign legal documents.**
- After a few days, you will feel better and be able to gradually resume your normal activities.
- If you are bleeding heavily, experiencing excessive swelling, non-responding vomiting or if you are having a reaction to the medication, please call our office at: 1(204)8973450. For more information please visit: [www.assiniboiasurgical.com](http://www.assiniboiasurgical.com)