

Post Operative Care - General Care After Surgery

Following your surgical procedure, you may experience one or more of the following:

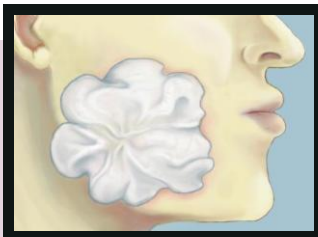
Bruising, Swelling & Discomfort: You may experience bruising, swelling and/or discomfort following surgery, which are normal consequences of surgery. You will likely notice some bruising on your upper neck and jaw.

Once your teeth are removed, it is common to experience swelling of the neck and face with extractions. The swelling peaks after 48 hours following your procedure, and will gradually subside. For the rest 24-hour period, you can apply a cold compress outside your face next to the surgery site for 10-minutes on, followed by 20-minutes off.



Bleeding: Within one or two days of your procedure, you may notice your saliva is lightly streaked with blood. If heavier bleeding occurs, place a piece of clean moist gauze or moistened tea bag over the area. This needs to be done for about 45 minutes. The tannic acid in tea helps blood clots (similar to a scab on an open wound) to form. You should avoid rinsing, spitting or sucking actions for 24 hours after your procedure. For example, don't drink beverages through straws or smoke, and avoid hot liquids (such as soup or tea). These activities can cause the clot to dislodge, which will cause dry socket in tooth extractions.

Nausea: Following your procedure, you may feel nauseated and experience mild vomiting, which can be caused from some medicines, especially narcotic pain medicines, or after an anesthetic. Nausea after sedation generally does not last long and can be treated with antiemetics (a type of medicine to alleviate this problem). You can also drink carbonated drinks like ginger ale or cola to relieve nausea.

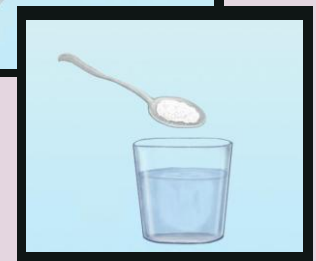
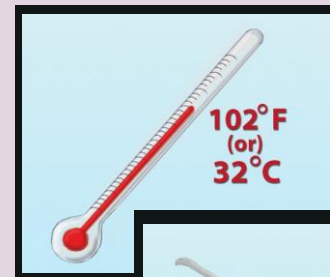


Restricted Mouth Opening: This is your body's way of trying to protect itself, by filling the jaw muscles with fluid. This side effect will usually last a few weeks. You can apply heat and massage the area to try to alleviate this restriction. You can also do mouth opening exercises.

Elevated Temperature: You may experience a fever up to about 102°F or 39°C within the rest 48 hours after surgery.

Stitches: In order to control bleeding in the surgical site, dissolving stitches are used. These stitches will dissolve gradually within 3 – 10 days.

Oral Hygiene: On the day of surgery, do not rinse your mouth as this can affect the healing process. After the rest 24-hour period, you can rinse gently hourly especially immediately after eating. Rinse with ½ to 1 teaspoon of salt in a cup of warm water (8oz). Do not use commercial mouth rinses. Avoid smoking for a minimum of four to five days.



Diet: Avoid hot liquids and alcoholic beverages for at least 24 hours. When the extraction is more difficult, you will need to consume a soft or liquid diet for at least 24 hours after we have removed your teeth. Following your procedure you should drink a minimum of six glasses of liquid during the rest 24-hour period to replenish

Medications: Advil or Tylenol is recommended for simple types of surgery to manage pain. If you experience more severe pain, we will prescribe a pain medication that is to be taken as directed. Antibiotics should be taken until you have finished the prescription.