



Tri-Cities
DENTAL SPECIALISTS

CARE FOLLOWING ORAL SURGERY

1. **MEDICATION**....Take pain medication when the sponges have been removed (if medication not given at the office). Try to take medication with food or nutritious liquid. Pain medication works better if started before the onset of pain and taken on a regular schedule.
2. **BLEEDING**....If bleeding continues, bite **FIRMLY** for 30 minutes on clean gauze or a wet teabag. If bleeding continues, repeat this procedure (oozing is not uncommon for 24 hours post-operatively).
3. **IMPORTANTDO NOT BITE ON GAUZE if you had a BONE GRAFT or MEMBRANE placed.**
4. **APPLY AN ICE PACK**...to the side of your face to which surgery was performed. Alternate 10 minutes on – 10 minutes off – for the first 24 hours following surgery while you are awake. Swelling and bruising often occur after surgery, swelling typically increases for the first 3-4 days then gradually subsides over the following 3-7 days.
5. **SLEEP** with head and shoulders **ELEVATED** on an extra pillow. (This helps control swelling).
6. **SOFT FOODS AND LIQUIDS** are recommended for the first few days after surgery. Avoid rice, corn or toast for first few days as small particles may get caught in the socket area and cause a secondary infection. **Do not use a straw** for the first 24 hours.
7. **RINSING**...Do not use mouth wash nor spit or rinse your mouth the day of surgery – But start gently rinsing the next morning with warm salt water (1 tsp. salt to 1 glass of water) Rinse gently several times a day, especially after meals, until sutures dissolve. (Usually in 3 to 5 days).
8. **REST** and avoid excessive activity for 48 hours.
9. **REFRAIN** from smoking for a minimum of 72 hours.
10. **REFRAIN** from alcohol while taking any medication or for a minimum of 72 hours.
11. **FOR OUR FEMALE PATIENTS**...please be advised that taking prescribed antibiotics while taking the birth control pill will likely render your birth control pill ineffective for a full cycle.

PLEASE CALL our office should you have any questions or problems at **604.939.8467**

If you are experiencing an emergency and it is after hours you may call your Dental Specialist on their emergency phone line listed below:

Emergency Numbers: Dr. Narani 604.728.4937
Dr. Ballo 604.363.2897

201 – 1032 Austin Avenue, Coquitlam, BC, V3J 6Y2 604.939.8467