

INSTRUCTIONS FOLLOWING ORAL SURGERY



1. Do not touch the socket from which a tooth has been extracted. The blood clot which forms is nature's way of healing; don't disturb it.
2. Do not rinse or use mouthwash for the first 24 hours. After 24 hours, rinse with warm salt water.
3. Do not smoke for 72 hours after the extraction.
4. Keep gauze pads over the operative site under pressure for 20-30 minutes and repeat if bleeding persists. A regular tea bag may be substituted for the gauze pad. It is normal for the saliva to be slightly streaked with blood for about a day.
5. Do not consume liquids through a straw. It is possible to drink lukewarm or cool liquids immediately following surgery. Soft foods may be taken 1-2 hours after surgery. It is important that you drink plenty of fluids and maintain an adequate soft diet.

6. Swelling is to be expected in most cases often reaching its maximum in 48 hours then gradually disappearing over the next 4-5 days. An ice pack may be applied outside the face, next to the surgical site for the first day, alternating 20 minutes on and 20 minutes off. This may help relieve discomfort. Bruising of the skin can occur, however it will disappear in approximately 1 week. This does not require any special treatment.
7. In case of pain, use the pain medication prescribed by Dr. Abouzgia or a non-aspirin over-the-counter product. The first pain relief tablet should be taken before the "freezing" wears off.
8. Some people will experience nausea following the use of analgesics. This can be alleviated by taking tablets with food or milk. Also, Gravol may be used for nausea as directed.

If you need any of these procedures done, or require assistance post surgery, please do not hesitate to contact us at 519-938-9500 and schedule your consultation.