



Dr. Richard Chambers DMD
Dr. Grant Woo DMD
Dr. Katja McBee DMD

400-1312 Blanshard St
Victoria, BC V8W 2J1
www.carnegiedental.ca

P 250.382.1541
F 250.382.2714
E carnegiedentalclinic@gmail.com

CARNEGIE DENTAL

After Care Instructions Oral Surgery

BLEEDING: Bite firmly on the gauze pad for ½ hour to form a good blood clot. Some slight bleeding and discolouration of the saliva is normal for the first 24 hours following surgery. If bleeding, apply firm pressure over the wound by biting on a gauze pad for ½ hour. If oozing persists, repack with fresh gauze for another ½ hour. For persistent minor bleeding (over 6 hours) biting on a damp tea bag may also assist the clotting process. If this is unsuccessful, you will require professional assistance to control the bleeding.

PAIN: Some pain is normal following surgery. Take pain medications as directed. Stomach upset or nausea may be minimized by taking milk with medication, drinking ginger ale, or, if needed, Gravol (50mg) every 4 hours. Use Tylenol or Ibuprofen, NOT Aspirin.

SWELLING: Some swelling can be expected after surgery. This can be minimized by keeping your head elevated and applying ice packs to the affected area of the face up for the first 24 hours. (Bags of frozen peas or corn wrapped in a tea towel work very well) Swelling can be greatest the third day after surgery, then should gradually subside.

BRUISING: This is caused by blood in the tissues, which rises to the surface of the skin, producing discolouration, which may appear the day after surgery. Warm, moist heat will aid the skin in returning to its normal colour.

MOUTH CARE: DO NOT rinse, brush, spit, floss for 48 hours after surgery. Following the second day after surgery, resume brushing, flossing and gentle rinsing with warm salt water (1/2 tsp salt in a cup of very warm water) after every meal and at bedtime for one week.

DIET: Avoid hot foods and alcoholic beverages the day of surgery. Drink plenty of fluids such as fruit juices, soups, milk and milkshakes. For the rest of the week, soft foods are recommended. (Instant breakfasts, yogurt, eggs, cheese, pasta etc.)

GENERAL INFORMATION: Exercise should be avoided for the next 24-48 hours this can increase bleeding, swelling and discomfort. DO NOT smoke, spit, rinse or suck on a straw for a week following surgery. If aching persists for more than 3-4 days following extractions, either earache, headache or toothache, it may mean that you have developed a dry socket. If you are taking birth control medication and antibiotics are prescribed for your surgery, be sure to use an additional means of contraception for the duration of your cycle.

Please contact the office if you have any questions or concerns at **382-1541**.