

- Dr. Stephanie Chan, BSc, DDS
- Dr. David A. Cheng, BSc, DDS
- Dr. Edmund Lee, BSc, DDS



## Surgery Aftercare Instructions

1. Bleeding is normal for the first 24-48 hours. **Applying direct pressure to the surgery site with a wet gauze to the site helps to manage heavy bleeding by biting on it firmly.**

Keeping it wet prevents it from sticking to your skin and sutures, inadvertently pulling them apart. Change the gauze once every 60 minutes. Once the bleeding slows and only small patches of blood are visible on the gauze, you can stop packing the site. A tea bag soaked in cold water also works well. If you are hungry before the bleeding slows, leave the gauze out of your mouth when eating and then repack when ready. Do not go to sleep with the gauze in your mouth.

2. Fill in your medication prescription if one was given. Some medications will cause drowsiness. Freezing will wear off roughly 3-6 hours after surgery. **Starting the pain medication before the freezing wears off will greatly improve pain control.**

3. **Ice the area** to reduce swelling and pain for the first 24-48 hours. Moisten a few face towels and place them in the freezer to create ice sheets, or use an ice pack or bag of frozen peas.

4. Stick to a **soft diet**, like soup, scrambled eggs, mashed potatoes, etc. Avoid nuts and seeds since they can get trapped in the extraction site and cause infection.

5. Avoid major physical activity or lifting anything heavy for 3-5 days, this may prolong bleeding.

6. **Avoid smoking, drinking alcohol or drinking through a straw for 7 days.** These can all cause your blood clot to dissolve prematurely, leaving you in extreme pain from having a condition called dry socket.

7. Keep the surgical site clean, gently rinse with salt water rinses (or prescribed mouth rinse) after meals. If you were provided with a Monoject syringe, use as directed. You can still brush the adjacent teeth, using toothpaste is ok.

8. If you received stitches, they will dissolve on their own within 4 days. Avoid bubble gum or sticky foods that can tug at the suture preemptively. Don't worry if they start to dissolve the same day, it is not necessary to replace them.

9. Sleep with your head slightly more elevated than usual and apply an old towel to protect your pillow.

10. Don't hesitate to call us if you have any questions at all. 416-519-5550