



Care Instructions Following Surgical and Extraction Procedures

Swelling, discomfort, stiffness and a small amount of bleeding following oral surgery is normal and to be expected. Proper care of the mouth following these procedures can increase the speed of healing of the surgical area. Listed below are some points of care that may be useful for you following your dental surgery.

1. **Smoking:** Avoid smoking for at least 24 hours following this procedure. Smoking will promote bleeding and interfere with healing.
2. **Bleeding:** is normal following any surgical procedure. Prior to leaving the office, a gauze pad will be placed over the extraction site and you will be advised to maintain firm pressure for a recommended period of time (usually about ½ hour). It is normal for saliva to be streaked with blood for a short period of time after the gauze is removed. If bleeding should occur, apply firm pressure with a gauze pad that you have been given, for approximately 15 minutes. The gauze may be substituted with a warm soaked tea bag. The tannic acid in the tea bag has a clotting effect. Should bleeding be excessive or prolonged, do not hesitate to call us.
3. **Numbness:** it will last up to 8 to 10 hours after surgery.
4. **Do not spit or suck through a straw:** This will promote bleeding and may dislodge the blood clot that is forming. DO NOT brush the surgical area for 24 hours; however you can brush in other areas. Starting the day after the surgery (24 hours), you may brush gently the surgical area. To rinse, it is recommended to dissolve one teaspoon of salt in one cup of water, then rinse four times daily. **Do not use mouthwash for at least 48 hours** as they will irritate or burn the surgical area.
5. **Swelling and Discomfort:** Some discomfort is normal after the surgery. If medication has been prescribed, please take it as instructed. Swelling is to be expected in certain areas. It will gradually disappear and is no cause for concern. To aid with the swelling, place ice packs to the area for 10 minutes and then remove for 10 minutes, repeat it for 2 to 3 hours.
6. **Diet:** A good balanced diet is helpful for healing. Soft foods are recommended for the first 24 hours. Avoid hard or crusty foods for the first 24 to 48 hours. Extra fluids and a softer diet will help you feel better faster.

If any questions arise, do not hesitate to call us at (905) 787-8764 or our other offices: Malvern Dental at (416) 297-5513 or Nottingham Dental at (905) 427-2027.

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