

# Instructions Following Oral Surgery

**Dr. David Wilson**

Oral & Maxillofacial Surgeon

Thank you for allowing us to participate in your care.

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For any after-hours emergencies, Dr. Wilson can be  
reached at (807) 356-4191

**Bleeding** is normal after dental extractions. It may ooze off and on for a couple days. Place gauze on the gums where the tooth was removed and bite together to put pressure there. Hold it for 30 minutes and repeat as needed. Biting on moist tea bags placed at the site may also help control bleeding.

**Oral Hygiene:** Avoid brushing for the day of the procedure. Gentle rinsing with salt water (one teaspoon per glass of warm water) will help keep your mouth clean. Resume normal brushing the day after the procedure.

**Swelling** is normal and increases for 2 days after oral surgery. Ice may be used to minimize the swelling during the first 48 hours. After 48 hours a warm moist compress may help resolve the swelling quicker.

**Bruising** is normal after oral surgery and may be worse in patients taking medications that impair clotting.

**Sutures** inside the mouth dissolve on their own. They may only last a day or may last up to a month depending on the type used.

It is normal to feel a hole where the tooth was extracted from. This hole will fill in, but it may take several weeks to feel smooth

**Diet:** It is important to drink plenty of fluids to stay hydrated. Avoid hot fluids until the numbness has resolved. Stick to soft foods for a couple days and then progress back to a regular diet as tolerated. Do not drink alcohol for 24 hours.

**Smoking** increases the chance of infection, dry socket, increased pain and many other healing problems. Avoid smoking for at least 3 days (ideally forever).

Small fragments of bone may extrude themselves after an extraction; this may take a few weeks. If they are bothersome or do not resolve within 1 month, return to our office.

## **Problems that may develop:**

**Dry Socket** (alveolar osteitis): A dry socket is a painful condition that occurs occasionally after a tooth is extracted. It typically starts 3-5 days after the extraction. It tends to be a throbbing pain that may radiate. It will resolve on its own but you should call to be seen since Dr. Wilson may be able to place a dressing to relieve the symptoms.

**Hole into sinus** (oro-antral fistula): Rarely, after extraction of an upper tooth a hole between the sinus and the mouth can develop. This is much more common in smokers. You would feel air passing between your nose and mouth or notice fluids in your nose if this occurs. If you notice this, return to our office.

**Numbness:** You will be numb for several hours because of the freezing. Occasionally a nerve may become injured causing prolonged numbness. If you have numbness persisting the following day, call to return to our office.

**Stiffness of the jaw:** Some of the muscles involved in opening and closing your mouth can be affected, making it hard to open your mouth. Gentle stretching starting a few days after the surgery will help improve your mouth opening. Warm moist compresses on your cheeks may also help.

## **Instructions following sedation:**

A responsible adult needs to be available at home to care for you following surgery.

You should lay down rest for the day with your head slightly elevated. Even if you feel normal later in the day, do not try and go back to normal activities.

Make sure to drink lots of fluids.

For 24 hours:

- **Do not** drive, operate machinery
- **Do not** make important decisions
- **Do not** perform strenuous activities
- **Do not** take care of children alone
- **Do not** consume alcohol
- **Do not** engage in activities requiring coordination. eg. Gymnastics, skateboarding, cycling, contact sports, swimming, etc.

***Don't hesitate to call if something doesn't feel right.***