



Post-operative Oral Surgery Instructions

1. Continue biting on the gauze for 30-60 minutes, changing the gauze every 15-20 minutes as needed. Slight bleeding, oozing, or redness in the saliva is common. To minimize further bleeding, sit upright, do not become excited, and avoid exercise.
2. Do NOT spit, vigorously rinse, suck (using a straw), or smoke for at least 24 hours after surgery. Passively empty your mouth when needed.
3. Take prescribed pain medications (typically appropriate doses of Tylenol or Advil) when you take the gauze out. This allows for pain relief as the local anesthetic wears off. If pain persists beyond 72 hours, please call our office at 403-223-2862.
4. Restrict your activities the day of surgery and resume normal activity when you feel comfortable.
5. Eat only soft, bland food and plenty of liquids for the first couple days; nothing sharp, crunchy or too hot or cold because the area may be sensitive.
6. A clean mouth heals faster. Gentle brushing around the extraction site the next day along with warm salt water rinses (1/4 teaspoon to a glass of water) to aid with any discomfort and to help prevent infection.
7. Swelling after an extraction is not uncommon. If this occurs, apply an ice pack for 15 minutes on and 15 minutes off as needed in the 24 hours following tooth removal.
8. Stiffness (trismus) of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event that will resolve in time. This is relieved more rapidly when moist heat, massage and stretching of the jaw is started the day after surgery.
9. A dry socket occurs when a blood clot gets dislodged prematurely from the tooth socket. You may experience a sharp shooting pain at the surgical site and pain near the ear occurring 2-5 days following surgery. If this occurs, please contact our office at 403-223-2862.

If sutures were placed, they will dissolve on their own in about 7-10 days. There is no need to come in for suture removal unless told otherwise.