

POST-SURGICAL INSTRUCTIONS

BITE DOWN ON GAUZE - Stay biting on the gauze provided for at least 15-30 minutes or as instructed by our staff, then remove the gauze and throw it away. A **MINOR** amount of oozing can be expected. If the area is still bleeding, bite down on fresh, damp gauze, or a wet black tea bag for another 15-30 minutes. **It is constant pressure that stops the bleeding.**

ACTIVITY - Do not participate in any strenuous activity for the rest of the day, as this will increase bleeding and delay healing. Ideally, rest.

RINSING OR SPITTING - No rinsing, swishing, forceful spitting, or sucking through a straw for at least 24 hours. GENTLE rinsing with warm salt water (1 cup of warm water + 1 tsp of salt) should start after 24 hours to help keep the area clean.

STITCHES - Dissolving stitches were used in the surgical area. Try to leave those alone as best as possible. They will likely fall out on their own in 1-3 weeks.

EATING - For the first few days, avoid food that are too hard, hot, spicy (can be irritating), or crunchy. If possible, eat on the other side of the mouth.

NO SMOKING OR ALCOHOL - Avoid smoking, vaping, or drinking alcohol for 24 hours.

ICE PACKS - Some amount of swelling may be expected. Ice packs (ice cubes wrapped in a cloth, or frozen vegetables in a plastic bag) may prevent, or reduce swelling. No more than 15 minutes ON, then 15 minutes OFF; repeat as long as possible for the rest of the day. Do not use warm packs on your face after surgery, as this can cause more bleeding.

PRESCRIPTIONS - Get the prescription(s) filled immediately after leaving the office. Begin taking pain medication BEFORE the anesthetic (numbness or "freezing") wears off. If antibiotics were prescribed, follow the instructions carefully.

CLEANING - Keep the surgical area clean to avoid infection. The evening of the surgery, begin regular brushing and flossing. Rinsing gently with warm salt water (1 cup of warm water + 1 tsp of salt), starting the next day, will also help keep it clean.

COMMON AFTER-EFFECTS - Pain, discomfort, swelling of the face and jaw, oozing of blood, and difficulty opening are all common after-effects.

IF

- **the bleeding remains uncontrolled after several attempts of biting on gauze for 15-30 minutes at a time, OR**
- **you are experiencing severe pain that cannot be controlled with the prescribed pain medication, OR**
- **you experience fever, severe pain, or swelling that develops several days following surgery,**

please call the clinic at (403) 441-8739 during regular office hours.