

## 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. In case of an after hours emergency, please call our emergency line at 1-888 532- 4755. **YOUR SAFETY IS OUR PRIMARY CONCERN.**