

ISLAND ORAL FACIAL AND IMPLANT SURGERY

DR. R.S. SOROCHAN • DR. S.R. CROWLEY • DR. C. SANSALONE

INSTRUCTIONS FOLLOWING ORAL SURGERY

ACTIVITY:

- keep your head elevated and rest quietly today
- avoid strenuous activity for the next few days
- do not suck or spit excessively
- start rinsing with warm salt water the day after surgery for 1 week (½ teaspoon in 8 ounces of warm water)
- if you were given a curved irrigation syringe, start 1 week after surgery & continue this at least once a day for the next 2 weeks.
- continue with regular tooth brushing on the day of surgery
- smoking is strongly inadvisable for several days after surgery due to the significant increase in risk of healing complications

BLEEDING:

- some bleeding is normal in first 24 hours after surgery
- if excessive bleeding continues, apply firm pressure to the area by biting on a gauze pad for 10 minutes and changing this every 10 minutes for up to 1-2 hours.

SUTURES:

- dissolving sutures generally last between 3-10 days
- if you have a special suture that needs to stay longer then you will be advised at the time of your surgery

PAIN:

- begin taking pain medication, as directed, as your local anaesthesia wears off
- consider using an anti-inflammatory medication such as Ibuprofen if this is not contraindicated by your medical history (example: bleeding conditions, asthma, ulcers, etc.)
- dry socket may occur 3-5 days after surgery and is characterized by increasing pain often referred into the ear, not relieved by analgesics. This should be reported to our office so that we may advise treatment

SWELLING AND STIFFNESS:

- swelling can be expected and will peak 48-72 hours after your surgery
- ice is particularly helpful and can be applied to the face preferably for 36 hours (20 minutes on, 20 minutes off)
- after this time, ice will not help much with swelling but may aide in comfort
- 4 days after surgery, moist heat may be applied to the face to decrease bruising

DIET:

- after surgery drinking adequate fluids is important
- soft diet is recommended for the first 3-10 days depending on your surgery
- avoid using straws as this encourages bleeding and dry socket

PLEASE REPORT ANY UNUSUAL CONDITIONS TO US AT THE NUMBERS BELOW:

Office hours: 8:00am-4:00pm (250) 753-6671 or 1-866-753-6671 TOLL FREE. If you have a problem that cannot wait until regular hours call (250) 754-2141 (Hospital No.) and ask for the "Oral Surgeon on call" and either Dr. Sorochan, Dr. Crowley or Dr. Sansalone will be paged.

Our office will attempt to contact you within the first few days after your surgery and assess your recovery. Please be advised that if you have complications and choose to see your general dentist, your general dentist may choose to assess a fee for any treatment.