

# Kawartha Dental Clinic

## Post-Operative Instructions for Oral Maxillofacial Surgery

1. **Swelling:** This is very common after oral surgery, the use of an ice pack applied to the face is recommended to minimize the swelling. This will aid in making you more comfortable after surgery. *Ice should never be placed directly on the skin but rather in a dry cloth, applying 10 minutes on 10 minutes off.* The intraoral use of ice (like gentle sucking on ice or commercial popsicles) may also have benefits. You can expect the maximum amount of swelling in the area of surgery in the first 24 to 48 hours with the swelling completely dissipating 6-8 days following surgery.
2. **Pain:** *A modest amount of pain and discomfort usually follows surgical procedure* and can effectively be controlled by an oral pain killer for 3-4 days on routine basis and intermittently (as required) for several more days. Some patients may have mild concerns in the region for 2-3 weeks after surgery. The post surgical is highly variable and depends a great deal on the level of extraction difficulty. It is important to realize the goal of pain medications is management of pain not elimination of all soreness. *The first dose of pain medication should be before the effect of local anaesthetic subsides (2-4 hours).* By preventing the sudden onset of pain, the subsequent control is more easily and predictably achieved. You should be aware that taking too much pain medication will result in drowsiness, and increased chance of upset stomach, nausea and vomiting which should not be confused with allergy.
3. **Limited Opening:** Patients who have had lower wisdom teeth surgically removed frequently experience mild to moderate limited mouth opening (trismus). Inability to open the mouth necessitates soft diet for a few days and might interfere with routine home care (brushing and flossing) The trismus gradually resolves and the ability to open the mouth should return to normal by 10 to 14 days after surgery.
4. **Bleeding:** The most effective mean to control bleeding is the placement of a small, damp rolled gauze pack directly over the surgical site. The first gauze placed in the office should remain in the mouth for 30 minutes following the surgery while applying pressure with your bite. *It is important to know that it is NORMAL for an extraction site to ooze slightly for the first 24 hours following the procedure.* A small amount of blood and a large amount of saliva could appear to be a large amount of blood. If the bleeding is more than a slight trickle, *you should apply small rolled damp gauze directly over the surgical site for as long as an hour to control the bleeding.* If you do not have access to gauze you can use a moist regular teabag in place of. *You should avoid things that may aggravate the bleeding such as smoking (for at least 24 hours) if you must smoke draw very lightly. Avoid sucking on a straw when drinking, heavy activity and spitting vigorously.*
5. **Diet:** A high calorie, high volume liquid is best for the first 24 hours (ice cream, shakes, yogurt). Additional intake of liquids such as juice, milk or water would be beneficial as well. Food and drinks in the first 12 to 24 hours should be soft and cool.
6. **Oral Hygiene:** Keeping the teeth and mouth reasonably clean, results in more rapid and favorable healing. On the day of surgery brush your teeth that are away from the extraction area and avoid brushing the teeth immediately adjacent to the extraction site to prevent a new bleeding episode and pain. The following day, you should begin rinses with warm salt water. The water should be warm but not hot to burn the tissue or aggravate bleeding.
7. **Bruising:** Some patients may experience some degree of bruising following the procedure. This is NOT dangerous and does NOT increase pain or risk of infection. Typically the onset of bruising is 2 to 4 days after surgery and usually resolves in 7 to 10 days.

**If you have any further questions or concerns not address on this page do not hesitate to call our office @ 705-7431851**