

Post-Oral Surgery Instructions

1. Bite on gauze for 30 minutes. Keep fingers and tongue away from the surgery area.
2. Do NOT RINSE your mouth for 24 hours. After 24 hours, you may rinse with warm salt water 2x per day. If any discomfort persists, please contact Bowker Creek.
3. **Smoking:** AVOID for at least 12 hours. Smoking after an extraction increases the risk of getting a dry socket.
4. **Diet:** cold or lukewarm liquids may be consumed in the first 4-6 hours. After this, any soft food is okay. DO NOT USE A STRAW. Using a straw can break the clot causing increased bleeding and potentially dry socket.
5. **Exercise:** For the first 24 hours following extraction, avoid strenuous exercise that increases your heart rate. This can lead to increased oozing and bleeding at the surgery site.
6. **Pain Control:** In general, an anti-inflammatory, e.g. Ibuprofen (Advil) (400 - 600mg) following surgery is adequate for pain control. This can be continued every 6 hours with lingering discomfort up to 2-3 days following surgery. If allergic to ibuprofen, or unable to take due to health conditions or drug interactions, you may take Acetaminophen (Tylenol). If Ibuprofen alone isn't working, you can also take Acetaminophen, alternating between Ibuprofen and Acetaminophen. Continue to follow instructions on the medication bottle or your dentist will advise you of your individualized pain management protocol.
7. **Bleeding:** It is normal for saliva to be streaked with blood for a day. If profuse bleeding occurs, fold a piece of gauze, add a little bit of water so that it is slightly moist (not drenched) and place it directly on the bleeding area. Maintain firm pressure by biting for 20 minutes. If you do not have gauze, you can use a warm, soaked tea bag. The tannic acid in tea has a clotting effect.
8. **Swelling and Discolouration:** is to be expected around the surgical site, usually reaches its maximum 2 days after surgery. If you are fair-skinned, there is the potential that you may see bruising on your face. It will disappear gradually and is no cause for concern. If desired, ice pads may be applied for the first 4 - 6 only, alternating for 20 minutes on, 20 minutes off.
9. **Sutures (stitches):** may be required. Some sutures dissolve on their own in about 7 - 10 days. Other sutures will require a follow up visit in 5 - 10 days. Your doctor will tell you which kind of sutures you have before leaving the office.
10. Please call our office if you have any concerns.