

# Care After Minor Oral Surgery

Here are some instructions for taking care of occurs following your minor oral surgery.

## **How do I ease the discomfort?**

The severity of the discomfort varies depending on the nature of your procedure, as well as your physical activity and general health. Some degree of discomfort is to be expected after the numbness from the anaesthetic has worn off; the numbness should subside within a few hours. You will likely experience most of the discomfort in the first 24 to 48 Hours and some discomfort for three to five days after the surgery.

### ***What To Do:***

- Inform your dentist of any other medications you may be taking (to prevent drug interaction).
- While your mouth is numb, be careful not to bite your cheek, lip or tongue.
- Take prescribed medication as directed.
- Call your dentist if there is any increase in the discomfort in the next couple of days.

### ***What Not To Do:***

- Do not exceed the recommended dosage of medication.
- Do not drink alcohol while taking pain medication.

## **How do I stop the bleeding?**

You should expect the surgical site to bleed for the first hour or two after surgery. Do not be alarmed if it looks like you are bleeding excessively-blood and saliva mix together in your mouth making it look as if you're bleeding more than you are. If, after 8 to 10 hours, you are unable to control the bleeding using firm pressure, call your dentist.

### ***What To Do:***

- Your dentist will place a gauze pad on the surgical site to limit bleeding and confine the blood while clotting take place. This gauze pad should be left in place for an hour after leaving your dentist's office.
- Replace the gauze pad with a clean one if bleeding continues.
- Continue to apply constant pressure for another hour without checking.

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• Apply a cold Compress to the swollen area for 20 minutes. Remove for 20 minutes. Repeat for 2 hours.

• Rest. This slows down your circulation, reduces the bleeding and helps you heal faster.

• Brush and floss your teeth as usual but use little water and stay away from the wound.

• Call your dentist if bleeding continues for more than 8 to 10 hours.

### ***What Not To Do:***

• Do not chew on the gauze pad or suck on the surgical site.

• Do not apply heat to the swollen area in the first 24 hours; this will only make the swelling worse.

• Do not rinse your mouth within the first 24 hours even though the bleeding and oozing may leave a bad taste in your mouth. After 24 hours, you may rinse your mouth gently with lukewarm water (your dentist may recommend rinsing with salt water). Do this four or five times a day for three or four days.

• Avoid hot liquids- if you eat soup, let it cool first. Hot liquids increase the circulation in your mouth and can start the bleeding again.

• Avoid alcohol and tobacco- they interfere with the clotting process and increase the possibility of infection.

• Do not engage in strenuous activity for 24 hours after surgery.

Remember: adequate nutrition is important for proper healing. Drink plenty of liquids (but not hot ones) and eat a balanced diet to help your body recover better and faster. If after a few days, you have prolonged or severe discomfort, swelling or bleeding, or experience nausea, vomiting or fever, call your dentist immediately. He or she will give you instructions on how to care for your condition.