

## POST-OPERATIVE INSTRUCTIONS

### ACTIVITY.

Avoid physical activity for 24-48 hours after surgery.

If you have received *intravenous sedation* or general anesthesia, you should *not operate a vehicle* or use hazardous devices for 18-hours after surgery. A responsible adult should accompany you home and stay with you for the remainder of the day.

### BLEEDING

Following oral surgery, bleeding is normal. Change cottons every 15 minutes, until they are no longer soaked. If bleeding is excessive, bite on cotton gauze soaked with strong tea (or on the teabag itself) for 45 minutes. Repeat if necessary.

### MEDICATION

All antibiotics prescribed should be taken to the end. Analgesics (pain killers) are prescribed to assist you in managing your pain during the first days after the surgery. You may stop taking them when you deem the pain has subsided or stopped. In some cases, patients may react adversely to certain medication and experience nausea and or vomiting. Stop all medication and contact your surgeon.

### RINSING

Do not rinse, spit or smoke for the first 24hrs following your surgery. On the 3<sup>rd</sup> day after your surgery, start rinsing gently after each meal and at bedtime, using ¼ tsp salt to a glass of warm water, and continue until the wounds are entirely healed (3-5 days).

### SYRINGE

Start after 7 days, use the syringe to irrigate the lower alveoli only (lower sockets). You may use it once or twice daily until the sockets are completely healed (may take up to 1 month).

### SWELLING

For the first 3 days following surgery, swelling at the surgical site is a normal reaction. Crushed ice in a zip-lock bag should be applied to the area involved, 20 min. on, 20 min. off for the first 3 hours. Difficulty in opening the mouth wide may occur in the first few days. As of the 3<sup>rd</sup> day, you may apply warm compresses to relieve any muscular discomfort.

### FOOD

Drink warm or cool liquids for the first 72 hours. You may have soft foods during the first week.

### DISCOLORATION

Black, blue or yellow areas may develop around the face and neck (bruising). This is as a result of bleeding into the tissue and is of little significance.

### BONY EDGES

After extractions, small sharp bone fragments may work up through the gums during healing. You may return to the office to have them amended.



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**EMERGENCY**

Excessive bleeding or discomfort, abnormal reactions to medication (e.g. rash, itching, vomiting or nausea) warrant an emergency phone call the office or the emergency number given to you the day of your surgery.

Mon-Fri 8am- 5pm

*(Office)* 514 252-0880

**POST-OPERATIVE CARE IS VERY IMPORTANT. PROPER CARE FOLLOWING ANY SURGERY WILL  
HASTEN RECOVERY AND PREVENT ANY COMPLICATIONS**