

Dr. Mark B. Davenport Bsc DDS  
Dr. Erin A. Gorman Bsc DDS

798 Talbot Street,  
London, Ontario, N6A 2V6

Phone: (519) 673-0279  
Fax: (519) 673-3673  
Email: admin@798talbotdental.ca



## Post-Operative Instructions

### HEALING

With proper care, the oral cavity heals remarkably quickly. Following the instructions below can help lead to a speedy recovery.

### DIET

Drink plenty of fluids. Avoid hot liquids or food. Soft food should be eaten on the day of surgery (eg: scrambled eggs, yogurt, ice cream, well cooked pastas). Avoid hard foods which may further traumatize the surgical site (eg: nuts, candy, rice, popcorn). Return to a normal diet as soon as possible unless otherwise directed. Avoid the use of straws as the sucking action can dislodge the blood clot from the socket.

### AVOID

Avoid all excessive activity, spitting, hot liquids, spicy foods, drinking through a straw, smoking, and alcohol for 24 hours.

### ORAL HYGIENE

Mouth cleanliness is essential to good healing. Clean your mouth thoroughly after each meal beginning the day after surgery. Brush your teeth gently with your usual toothpaste and a soft toothbrush- staying away from the surgical site. Rinse with warm salt water (1/2 teaspoon of salt in a cup of warm water) five to six times a day starting twenty-four hours after surgery. Continue this procedure until healing is complete.

### BLEEDING

Some bleeding or redness in the saliva is normal for the first 24-72 hours after surgery. Excessive bleeding which results in your mouth filling rapidly with blood can be controlled by biting with pressure on a gauze pad placed directly on the wound for one hour. Avoid intense physical activity which can cause an increase in blood pressure which may stimulate bleeding. Avoid spitting which can dislodge the blood clot from the socket and initiate bleeding. If bleeding continues please call for further instructions.

### SWELLING

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag or a plastic bag or towel filled with ice cubes on the cheek in the area of surgery. Apply the ice (on and off) for 15 minute periods as much as possible for the first 48- 72 hours.

### PAIN CONTROL

You should begin taking pain medication before the local anesthetic wears off. For mild to moderate pain, 1 or 2 Extra Strength Tylenol tablets may be taken every 4 hours. Ibuprofen (Advil, Motrin) may be taken instead of Tylenol: 400 to 600 mg can be taken every 4-6 hours as required for pain. For severe pain, the prescribed medication should be taken as directed.