



Complete Dental Care Provided under Anesthesia

Dental Implants • Dental Surgery • Cosmetic Dentistry • Periodontal Services • Endodontics

ORAL SURGICAL POST - OP INSTRUCTIONS

REST

Following any oral surgical procedure **overexertion** must be **avoided** for the first 24 hours. **Rest** enables the body to **heal** itself.

MEDICATIONS

Please take **all** medications as prescribed. **Anti-inflammatory** drugs are extremely effective against **pain**. Pain medications generally require **30-60 minutes** before relieving discomfort.

RINSING

Commencing the day following surgery (so as not to dislodge the newly formed clot) rinse thoroughly with **warm salt water 5-6 times** a day. This is to be continued for a minimum of **1 week**. This will improve comfort and healing.

SWELLING/BRUISING

In order to **minimize** swelling and bruising, **cold packs** (ice, frozen vegetables, etc.) should be applied intermittently (20 minutes on, 20 minutes off) against the **skin** overlying the surgical site. This is of great benefit the day of surgery. One must remember that swelling generally is greatest 2-3 days following surgery and bruising may follow.

BLEEDING

Oozing on the day of surgery is expected. If active **bleeding** is present a moist **teabag** or clean **gauze** should be placed directly over the surgical site with firm **pressure**. This should be continued for 15-30 minutes.

DIET

A **soft nutritious** diet is encouraged for the first week following surgery. This will promote comfort and healing.

Should you have any questions please do not hesitate in contacting Dr. McGirl.