

DR. RICKY SEE & ASSOCIATES

POST-OPERATIVE INSTRUCTION

WHAT YOU SHOULDN'T DO AFTER ORAL SURGERY

- **DO NOT** eat or drink any hot things the first few hours after surgery when your mouth is still numb. Cold and warm foods are permissible.
- **DO NOT** let your child bite on their tongue, cheek and lip while they are numb.
- **DO NOT** rinse or spit for 12 hours after surgery as this may loosen the fragile clot and the wound may bleed again.
- **DO NOT** drink any alcoholic beverages or smoke for at least 12 hours.
- **DO NOT** do any heavy physical works or exercise for at least 12 hours.

WHAT YOU SHOULD EXPECT AFTER ORAL SURGERY

- The wound may feel slightly painful for several hours after simple extraction. One to two tablets of Tylenol every four to six hours are usually enough to alleviate the discomfort.
- Traces of blood-stained saliva for the first day is perfectly normal and should raise no concern.
- **After implant surgery, gum surgery or removal of buried wisdom teeth**, the adjacent gum and cheek will always swell, feel tender and occasionally bruise for several days. The wound will also be painful for about 48 hours. These are perfectly normal for a healing wound and should raise no concern. Never apply heat pad to the face as this will worsen and prolong the swelling.
- For effective control of post-operative pain, 800mg of Ibuprofen (Advil or Motrin) should be taken 1 hour **before** surgery and thereafter 400mg every 4-6 hours for 1 day. Painkiller is optional after the 1st day as discomfort is usually pretty mild. Antibiotics and anti-swelling drugs may also be prescribed if deemed necessary by Dr. See and should be taken according to instruction.

WHAT IF

- Make sure you bite firmly onto the cotton roll, remove it after 15-30 minutes and bleeding should stop.
- If excessive bleeding occurs, place a piece of folded gauze or a tea bag over the wound and bite firmly onto it for another 20 minutes. If this doesn't work, call us for immediate advice.
- If the wound is painful for **more than 48 hours** or it become **painful again** after a few days, you may have a wound infection. Call us for immediate advice.
- During office hours, you can call us at (416) 222-2192. For after hour's emergencies, Dr. See can be reached by calling (647) 400-2192.

MUST ! MUST! MUST !

You must start rinsing your mouth with warm saline mouthwash (by dissolving 1 teaspoonful of table salt in one glass of luke warm water) the next day after surgery. **This should be done every time after you eat for one week** to minimize the chance of wound infection. If an irrigation syringe is provided, please fill it with warm saline mouthwash and irrigate the wounds every time after you eat. Do not use any commercial mouthwash.