

Minor Dental Surgery:

Post-Operative Instructions

Your minor dental surgery treatment was done to remove teeth or diseased tissue or to place implants. Please follow these instructions for the best management of postoperative healing and comfort.

- It is important that you maintain a firm steady pressure on the surgical gauze in your mouth for at least 30 minutes.
- Do not rinse or spit for 24 hours after surgery.
- Keep fingers and tongue away from socket or surgical area.
- Use ice packs on surgical area (side of face) for first 24 hours, apply ice alternating on and off for 20 minutes at a time. Bags of frozen peas work well.
- For mild discomfort take Tylenol or Ibuprofen every three to four hours.
- For severe pain use the prescription given to you.
- Diet may consist of soft foods, which can be easily chewed and swallowed. No seeds, nuts, rice, popcorn, chips, etc.
- Drink plenty of fluids. (Do not use a straw or drink something hot)
- After the first post-operative day, use a warm salt-water rinse following meals for the first week to flush out particles of food and debris, which may lodge in the surgical area. (1/2 teaspoon of salt in a glass of warm water. Mouthwash can be added for better taste.)
- After 24 hours, brush tongue with a dry toothbrush to keep bacteria growth down, but be careful not to touch the extraction site. Resume your regular tooth

brushing, but avoid disturbing the surgical site so as not to loosen or remove the blood clot.

- A certain amount of bleeding is to be expected following surgery. Often it appears excessive because the blood mixes with saliva. If bleeding should persist, fold 2 or 3 clean gauze pads, place them on the operative area and bite firmly for 30 minutes. If there is still mild bleeding repeat the procedure with new gauze or a moistened tea bag. Rest and avoid strenuous exercise. If bleeding should persist or become severe, do not hesitate to contact our office.
- You may expect swelling for ten days to two weeks and a fever of 99 degrees F to 100 degrees F.
- If stitches have been placed, please arrange an appointment approximately one week following the surgery to have the stitches removed and to assess the healing.
- We suggest that you do not smoke for at least 5 days after surgery. Nicotine may break down the blood clot and cause a "dry-socket," which is an undesirable side effect.

Should you have any problems or questions, please call our office at (416) 422-1500.

Food Suggestions

Day 1 After Surgery

Liquid Diet Only

- Warm, thin soups (no meat/vegetables)
- Juice
- Milk
- Milkshakes (not ice cold!)
- Smoothies (no seeds from fruits!)
- Yogurt
- Applesauce (lukewarm)



Day 2 to Day 5 After Surgery

Soft Food Diet

- All of the above as mentioned under liquid diet
- Noodle soup (with softened veges; without meat)
- Scrambled eggs
- Mashed potatoes (can add sour cream)
- Hummus
- Macaroni (soft) and Cheese
- Pudding
- Custard
- Ice-cream
- Jello
- Soft fruits (e.g. banana; no seeds!)



EAST YORK DENTAL CENTRE

MINOR DENTAL SURGERY GUIDE