



Brentwood Mall
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Burnaby, B.C. V5C 3Z6
604-299-2727

FOR DENTAL SURGERY PATIENTS

WHAT TO EXPECT:

- **Bleeding:** It is normal to have some bleeding for about 24 hours after surgery. Please use a fresh gauze pack or moist tea bag on the surgical site, elevate your head and bite firmly on the pack for 30 minutes. Typically two to three changes (once an hour) will be sufficient. Do not apply the pack if bleeding is only minimal.
- **Discomfort:** Some discomfort is normal following any surgical procedure. This can be minimized by taking medication as prescribed or recommended by your dentist. Call our office if pain develops three to four days after the surgery.
- **Swelling:** Swelling and bruising often occur after surgery. Swelling typically increases for the first three or four days, then gradually subsides over the following three to seven days. If the swelling causes difficulty swallowing or breathing, contact our office immediately. If the swelling gets better over the first three days, then gets worse, call us.
- **Numbness:** Occasionally patients experience some numbness in their lip or tongue after lower jaw surgery – this generally resolves in time. Please let us know if this occurs.
- **Nausea:** Occasionally patients feel sick to their stomach (nauseated) for the first few days following surgery. Drinking carbonated water may be helpful.

POST-SURGERY INSTRUCTIONS:

- **Take all medications** as recommended.
- **Drink a lot of fluids** and eat soft, lukewarm food the first day.
- **Apply ice packs** to the face throughout the first day (20 minutes on, 20 minutes off and chilling the pack when not in use). This should be done whether or not you have swelling or bruising.
- **Avoid spitting or sucking** on a straw during your first day following surgery. It is important for smokers to refrain from smoking during the first 24 hours after surgery.
- **Do not rinse your mouth** on the day of surgery. On the second day, if you wish, you may rinse with saltwater. Mix 1 cup of warm or hot water with ½ teaspoon of salt. You may do this for approximately one week.
- **Avoid excessive physical activity and alcohol** for the rest of the day following surgery.
- **Start tooth brushing** carefully the day after surgery. You may use a “Q-Tip” around the gumline of adjacent teeth if area is still tender. When rinsing, please do not swish the liquid in your mouth vigorously for the first 24 hours.
- **Stitches**, if placed, will be removed painlessly in about 5-7 days. Please check your appointment card for your time and date of your next visit.

If you have any further questions or concerns, please do not hesitate to call our office at 604-299-2727 or check out our website at www.alphadentalgroup.com