



Post-Operative Instructions After Teeth in a Day Surgery

Return home and relax today. If you have had intravenous sedation, you will feel groggy for up to 24 hours. It is critical that you do not drive, operate hazardous machinery, make critical decisions, or consume alcohol or drugs with sedative properties during this period.

Medications:

- Take the prescribed and/or recommended pain medication before the freezing wears off.
- Take pain medications regularly for the first couple of days, in order to stay ahead of the pain. Continue to take your pain medications as required to manage the pain.
- If antibiotics were prescribed, take them until they are finished. Eat yogurt and/or take probiotics while taking antibiotics, and for 3-4 days after in order to maintain and restore good intestinal bacteria.
- All medications should be taken after eating to help prevent nausea. If any of your medications cause you significant nausea despite being taken with food, please call our office.

Bleeding:

A moderate amount of bleeding or oozing can be expected during the first 2-3 days after surgery. To control bleeding, place dampened, folded gauze in mouth, and bite gently to apply pressure. This will allow the blood to form a healthy clot. Change the gauze every 30-45 minutes until the bleeding has slowed and gauze is coming out pink or almost white. **Always remove gauze before sleeping**, drinking or eating. If you don't have gauze, use a wet black tea bag (tannins in black tea aid in blood clotting).

Control of Swelling:

Swelling is common and usually peaks 3-5 days after the surgery. Ice packs help minimize swelling and should be applied preventatively during the first 2-3 days after surgery. Ice packs must be wrapped in a thin cloth and applied on the outside of the jaw or cheeks near the surgical site, **20 minutes 'on' and 10 minutes 'off'**. The 10 minutes off the face will prevent injury to the skin.

Applying "cold" inside the mouth also helps with pain, swelling and bleeding. Try eating ice cream, sherbet or snow cones. Holding very cold water in your mouth is also beneficial.

Bruising can also occur and should reduce as the swelling dissipates. Applying a moist hot towel after 4-5 days post-surgery will help with resolving the bruising.

Sleeping with your head elevated at about 45 degrees for the first 2-3 days after the surgery can also be helpful to reduce swelling.

Whether dissolvable or non-dissolvable, **never attempt to remove a stitch on your own.**

Emergency Phone Numbers

Office
613.234.1211

Dr. Alison McGuire
613.890.3122

Dr. Janelle Hamilton
613.858.9691

Dr. Lyon Hamburg
613.295.0067

Dr. Eugenie MacKay
613.296.5489

Dr. Isabelle Quenneville
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Dr. Amin Alibhai
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Dr. Michael Rapp
613.294.8630

Dr. Karen Fung
613.805.5888

Dr. Sherif Elsaraj
204.440.0000

Dr. Jacob Fitzgerald
613.790.8111



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Rinsing & Brushing:

- Do not rinse your mouth or brush your teeth for **48hrs after surgery** as it will delay the healing process.
- After 48 hours, brush any natural teeth you may have remaining using toothpaste and a soft tooth brush.
- After 48 hours, you may begin to rinse your mouth. If a mouth rinse was prescribed, please follow instructions on the bottle. Otherwise you may rinse with 1/2 tsp. of salt dissolved in a glass of warm water after meals and at bedtime.
- **Do not swish** when rinsing your mouth; instead slightly lower and gently move your head side to side. **Do not spit out the water**, but let it drip out into the sink. Use this method for the next 1-2 weeks.

Nutrition:

While lips and/or tongue are numb, do not bite them. During the first 24-48 hours following the surgery, avoid hot fluids (tea, coffee, hot soup) as they may increase bleeding and pain.

Soft foods are recommended for 5-7 days after extractions and for 3 months following implant surgery. Soft foods include yogurt, apple sauce, scrambled eggs, mashed potatoes, overcooked pasta and liquid supplements such as Ensure or Boost. Proper nutrition is vital to facilitate healing. Not eating and drinking sufficiently can result in fatigue, headache, dehydration, and delayed wound healing. If you are a diabetic, maintain your normal caloric intake and medication and monitor your blood sugar carefully. Drink plenty of fluids, **but do not use straws** for the next 7 days.

Avoid foods that break down into hard crunchy bits such as chips, popcorn, whole grain breads, seeds, nuts and raw vegetables. These foods are easily lodged in the surgical site, and are very difficult to rinse out, which may cause an infection. Avoiding these foods for 6 weeks is advised.

Normal Expectations:

- **Swelling and bruising:** Most patients experience minor swelling. Some also experience bruising of the skin that may even extend down the neck and onto the chest. Both skin and gums may be tender to touch. Lower jaw soreness may occur if the area under the tongue is swollen or black and blue.
- **Chapped or Cracked Lips:** Use an over-the-counter product for relief.
- **Tongue Size:** If teeth have been missing for a long period of time, the tongue naturally expands to occupy more space. It will adjust itself to return to its normal size and position.
- **Temporary Prosthesis:** The first teeth in a day prosthesis is made from plastic. These teeth can easily chip or crack if you bite down too hard. Use the bite guard if one is provided. Additionally, the tongue will be aware of the openings for the implant retaining screws.
- **Biting Pressure:** Softer foods should be eaten for the first 12 to 16 weeks, increasing the chewing capacity as the bone heals. The doctors will adjust the biting contacts so that the pressure will be applied to the strongest areas of the mouth, protecting the weaker or softer bone.
- **Staining:** Some prescription mouth rinses are very strong and may superficially stain the temporary teeth. This can be kept to a minimum with thorough tooth brushing and can be removed at regular hygiene visits.



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Activities:

It is not advisable to go to the gym, play sports, or lift heavy objects until 5 days after your surgery, as it may cause bleeding.

Smoking:

Smoking seriously slows the healing process and increases the risk of infection in your mouth. Avoid smoking during the first 5-7 days following the surgery. Reduce smoking as much as possible over the coming weeks for proper healing.

Dry Socket:

A throbbing or sharp shooting pain along the jawline, 4 days or more after surgery may indicate the development of an incomplete healing or "dry socket". Avoiding any type of suction in your mouth reduces the risk of developing dry socket (don't use straws, don't smoke or vape, don't vigorously swish or spit).

Temporary numbness or tingling in the lip or tongue:

Sensory nerves supplying the lip or tongue are occasionally involved during surgery. Numbness or tingling or an altered sensation in the lower lip and/or tongue can occur requiring several weeks, months or even up to 2 years for normal function to return.

When to call the office:

Feel free to call our office with any questions. Also reach out if you have:

- Heavy, bright red bleeding you have been unable to control with 30+ minutes firm pressure.
- Pain that is not tolerable after taking all medications prescribed/recommended, and applying ice.
- Swelling that does not reduce, or increases after 5 days. This could indicate an infection, and may be accompanied by pus, a bad taste or smell, or increasing pain.

Please direct any minor or non-urgent concerns to the office during regular office hours. Should any urgent symptoms occur when the office is closed, please call your surgeon on their emergency number found on the first page. Whether dissolvable or non-dissolvable, **never attempt to remove a stitch on your own.**