

1. **Bleeding:** A small amount of bleeding is normal for a few days. If bleeding is excessive, place a thick gauze pad directly over the wound and bite for 30 minutes. Remove any large blood clots as they may hold the wound open, and then place direct pressure on the areas as described. For stubborn bleeding use a moist tea bag directly on the site instead of the gauze. DO NOT EXPECTORATE (spit out).
2. **Pain:** Pain following oral surgery is expected for a few days to a week depending on the extent and difficulty of your surgery. It should be relieved by the medication prescribed. DO NOT DRINK ALCOHOL WHEN TAKING STRONG PAIN PILLS. IF POSSIBLE, PAIN PILLS SHOULD BE TAKEN WITH FOOD.
3. **Swelling:** The amount of swelling depends on the difficulty of the surgery. It peaks in 2-3 days and lasts about a week. Ice pack applied to the area for the first day or two will decrease the amount of swelling. Use the ice pack intermittently, 20 minutes on, and then 20 minutes off, on the outside of your mouth.
4. **Nausea:** Post-operative nausea may be due to the anaesthetic or narcotic pain relievers. It may help to take food along with your pain pills, as the narcotics cause more upset on an empty stomach. If necessary, Gravol may be purchased at most pharmacies, and should be taken as directed.
5. **Fever:** A slight fever is expected for a few days. If the fever is high or prolonged, our office should be notified.
6. **Fainting:** Light-headedness or fainting may occur. Lie down and elevate legs with a pillow.
7. **Discolouration and Sutures:** Bruising of the skin is variable, can last 1-2 weeks and is not cause for alarm. Sutures (stitches) **will dissolve** and/or fall out in 7-14 days.
8. **Rinsing:** DO NOT RINSE YOUR MOUTH, DO NOT DRINK THROUGH A STRAW, DO NOT SMOKE FOR AT LEAST 24 HOURS! After the 24 hours you can begin brushing your teeth (but be gentle) and rinsing with diluted salt water (1tsp salt to 4oz water). Remember that a clean wound heals better and faster.
9. **Diet:** Start drinking as soon as you get home (NOT THROUGH A STRAW) It is imperative to maintain an adequate intake of fluids (Eight x 8oz. glasses per day). Start on fluids and change to a soft diet, as chewing becomes more comfortable.
10. If you had SEDATION or GENERAL Anaesthesia: DO NOT operate a vehicle, hazardous machinery, take public transit or consume alcohol for 48 hours OR if you are taking NARCOTIC PAIN RELIEVERS. These precautions may need to be extended for greater than 48 hours if your drowsiness or dizziness persists.
11. **Emergency:** If you have any questions or are in need of assistance, it is always best to call our office during business hours. We are available Monday-Thursday from 8:30am-4:30pm and Fridays 8:30am-12:30pm. The telephone number is: (800) 525-9281. This allows Spectrum Oral Surgery to personally take care of your problem. If you develop an EMERGENCY after hours, please call: (800) 525-9281. The on-call Oral Surgeon will contact you and assist you with your EMERGENCY.
12. **Website:** All this information and more can be found on our website. **"spectrumoralsurgery.ca"**