



## OAKRIDGE ORAL SURGERY

DR. RAYMON GREWAL

DR. SPENCER LIN

CERTIFIED SPECIALISTS

ORAL AND MAXILLOFACIAL SURGERY

## INSTRUCTIONS FOLLOWING ORAL SURGERY

### BLEEDING

1. Change the gauze every 30-60 minutes as required up to 2 hours.
2. Blood streaked saliva and minor oozing is normal for the first 3 days.
3. If extensive bleeding occurs, place a damp gauze directly over surgical site and bite **firmly** for **one hour**. A moistened tea bag may also be used.
4. Semi-sitting position is suggested with rest while attempting to control bleeding.
5. Avoid spitting as this may trigger bleeding.
6. If these measures do not stop the bleeding, please phone our office.

### SWELLING

This is normal and can increase during the first three days. It generally takes 10-14 days to disappear. Ice bags wrapped in a towel can help reduce the swelling if applied 30 minutes on and 30 minutes off for the first 24-48 hours. If the swelling increases after the fourth day please call our office.

### PAIN

Post operative pain requiring medication usually persists 3-4 days after surgery. If the pain worsens after the fourth day please call our office.

### EATING

Although a regular diet may not be possible for a few days, nutritious liquids and soft foods should be taken until you feel comfortable advancing to a normal diet. **Do not use a straw for the first 4 days.** Avoid hot fluids while your mouth remains frozen.

### SMOKING

Smoking and/or vaping for the first 7 days is not advised as it may complicate healing.

### STITCHES

Avoid manipulating the stitches with your tongue or fingers. Unless otherwise directed, they will dissolve in 3-14 days. It will take 4-6 weeks for the gum to close over the surgery site.

### ORAL HYGIENE

Do not rinse the mouth today. Start rinsing tomorrow with warm salt water (1/2 teaspoon salt to a glass of warm water) after each meal and at bedtime for 2 weeks. Starting the day after surgery, use a soft toothbrush with toothpaste to clean your teeth. If you wear an orthodontic retainer or nightguard, you may insert it the day after surgery.

**At any time of the day or night, if the need arises, please feel free to call our office.**

---

309 - 650 West 41st Avenue,  
3rd floor, Medical/Dental Building  
Vancouver, BC V5Z2M9

PHONE: (604) 263-8515 FAX: (604) 263-6216

[www.oakridgeoralsurgery.com](http://www.oakridgeoralsurgery.com)