

2015

# After Minor Oral Surgery



# After Minor Oral Surgery

This is a guide to help with your care at home.

The name of your surgery is

\_\_\_\_\_.

## **Discomfort**

Take medication as prescribed by your doctor.

Do not drink alcohol while taking pain pills.

## **Activity**

When you get home, lie down with 2 pillows under your head. You may feel sleepy and light-headed.

## **Mouth care**

Start rinsing your mouth the morning after your surgery. Use a small pinch of salt in a glass of warm water. Rinse several times a day. Be sure to rinse after meals and at bedtime.

## **To control bleeding**

Some oozing and discoloration of saliva is normal. If bleeding continues, hold gauze in place for 30 minutes to 1 hour with constant firm pressure. If the bleeding does not stop, call your doctor.

- Do not suck or spit.
- Do not use a straw when drinking.
- Do not smoke.
- Do not disturb the wound. This may start an infection, irritation and/or bleeding.

## **To control swelling**

Swelling is normal. It may go up until the 3rd day after surgery and then it will start to go down.

- For the first 24 hours, use ice packs, alternating 20 minutes on, then 20 minutes off. Do not use ice packs after the day of surgery.
- The day after surgery, use warm, moist heat on the area. A hot water bottle or warm, moist towel can be used until the swelling and stiffness go away.

## **Food**

Only drink cold fluids on the day of surgery, for example: ice cream, Jell-O<sup>®</sup>, eggnog, milkshakes. Then eat warm soups and very soft foods for the next couple of days.

## **Stitches**

The stitches in your mouth will dissolve on their own and fall out.

# Questions or concerns once you are home

## Urgent questions

Call 902-473-5238 between 8:30 a.m. and 3:30 p.m., Monday to Friday. Messages will be returned as soon as possible.

If it's busy or outside of the above hours, call 902-473-2222 and ask for the oral surgery resident on call. Stay on the line and the resident will be with you shortly.

## Non-urgent questions

Call the Oral and Maxillofacial Surgery Clinic, Victoria General site between 8:30 a.m. and 3:30 p.m., Monday to Friday. The phone number is 902-473-2070. Messages will be returned as soon as possible.

### Looking for more health information?

Contact your local public library for books, videos, magazines, and other resources.

For more information go to <http://library.novascotia.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

**Nova Scotia Health Authority**

[www.nshealth.ca](http://www.nshealth.ca)

*Prepared by:* Department of Oral & Maxillofacial Surgery, QEII, Halifax

*Designed by:* Nova Scotia Health Authority, Central Zone Patient Education Team

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The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute healthcare or medical advice.

If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years or as needed.