

Post Care Instructions – Extractions and Surgery

The anesthesia will wear off in approximately 1 to 4 hours after the procedure. Please follow these simple instructions.

1. **REST:** Always get up slowly from a reclining position. Please keep physical activity to a minimum for 72 hours.
2. **MEDICATION:** As soon as you arrive home, take tablets or capsules prescribed for discomfort even if it does not hurt. Do not take aspirin or any other drug containing aspirin (*such as Anacin, Empirin, Bufferin or APC*) as they can cause bleeding after surgery. If an antibiotic and/ or painkiller has been prescribed, please take all the medication as prescribed. **IMMEDIATELY STOP** taking the medication and call us if any drug causes nausea, itching or a skin rash and/ mild to severe stomach upset.
3. **CHLORHEXIDINE RINSE:** Only if given - After surgery, teeth and gums in the affected area should be rinsed with chlorhexidine rinse. Use 1 Tablespoon for 30 seconds. Repeat 2-3 times daily for 1 week. Please do not swallow chlorhexidine rinse and avoid rinsing your mouth vigorously.
4. **NUTRTION:** Maintain proper nutrition by choosing soft nutritious food, which require minimum chewing such as homemade milkshakes, smoothies, custards, eggs, cream soups etc. **DO NOT USE A STRAW.** For the first 48 hours avoid hot drinks, hot foods and extremely hard foods.
5. **STITCHES:** The sutures or stitches, which are around and between your teeth will keep the gum tissues in the correct position for the first 3 days of healing. In most cases the stitches will dissolve and will not require removal in our office. We will inform you if you need them removed.
6. **SWELLING:** Swelling often occurs and it is normal. You can help minimize the swelling by placing an ice pack on the area 20 minutes on and 20 minutes off for the first 2 days. Please do not use heat on your face at all after surgery.
7. **BLEEDING:** Some slight seepage of blood is expected after the surgical procedure. Copious bleeding should *not* occur. If bleeding, apply pressure with a moistened tea bag to the bleeding area for 20 minutes and call our office.
8. **SMOKING:** Heat and smoke can act as an irritant, significantly delaying healing and encouraging bleeding. **AVOID SMOKING FOR 72 HOURS.**
9. **ALCOHOL:** Avoid any alcoholic beverages as alcohol can mix with the medications you are taking and cause a severe overreaction. Alcohol also acts as an irritant and may delay the healing process.

If you have any other questions or concerns, please call our office at 403-239-0010.

Thank you for placing your trust in Tuscany Dental Centre.