

KELOWNA
ORAL & FACIAL
SURGERY

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Post-Operative Instructions Following Oral Surgery

It is normal to have pain, swelling, and minimal amounts of bleeding following surgery.

PAIN:

Analgesics (pain killers) are needed for after surgery in order to help with pain control. Take them as directed. Take all medication with food to minimize nausea. If your pain is not controlled after taking two doses, please contact your surgeon.

SWELLING / FEVER:

Surgical edema (swelling) will reach its maximum 48-96 hours after the surgery. Placing a bag of ice or a frozen bag of vegetables on the area for twenty minute cycles will help to minimize the swelling. Repeat this as often as possible throughout the first 48 hours following surgery. The swelling should begin to dissipate within 7-10 days; however, the application of warm compresses starting on the third day following surgery should expedite this.

DIET:

It is important to have soft foods and cool drinks for the first day. Do not use a straw for one week following surgery. Starting the second day postoperatively, hot food/drinks can be taken, but it is advisable to stay on a soft diet until jaw mobility has returned to normal.

PROTECTION OF THE SURGICAL SITE:

Minimal amounts of oozing are expected for the first 12-24 hours following the surgery. To control this, bite down on the gauze that was provided or a moistened black tea bag for 30 minutes for up to an hour. Repeat this if necessary. If the bleeding is excessive or cannot be controlled, contact your surgeon.

RINSING / HYGIENE:

Warm salt-water rinses should be completed after every meal. If prescribed a mouth rinse: use morning and evening (after brushing teeth). If prescribed a gel: apply to the surgical site as prescribed. If no prescription rinse is given, please rinse with listerine total care or crest pro-health twice daily (after brushing teeth)." Start all mouth rinsing 24 hours after the procedure. Avoid touching the area with your fingers as this can increase infection risks.

SMOKING / VAPING / ALCOHOL:

Smoking, vaping and/or drinking is not advised postoperatively for a minimum of 48hrs. Nicotine in any form can interfere with the healing process and increase the risk of infection.