

# McGill University Health Centre



## Dentistry Department

### HYGIENE

- The most important task after surgery is to keep your mouth clean!
- Rinse your mouth after every meal and before bed with luke warm salt water or the prescribed mouth rinse (Peridex or Chlorhexidine 2%).
- You may brush your teeth after surgery but avoid the surgical sites.



### INFECTION

- You may be prescribed antibiotics, take the full course as prescribed.
- Notify our clinic if you notice the following symptoms, which may indicate an infection:
  - Increased pain or swelling after 5 days
  - Foul taste or odor in mouth
  - Temperature above 38°C

### DRY SOCKET

- After a dental extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process.
- Dry socket occurs when the blood clot is dislodged from the surgical site, exposing the bone and the fine nerve endings.
- Dry socket affects a small percentage of patients.
- **Increase in jaw discomfort 3-6 days after surgery that is not relieved with pain medications** is a sign of dry socket. Please contact the clinic if you experience this symptom.

To avoid dry socket, follow these precautions:

- Do not smoke
- Avoid spitting or using straws for the first 24 hours
- Avoid excessively rinsing your mouth for the first 24 hours as it interferes with blood clotting

### Contact Information:



**Montreal General Hospital**  
A3-101, 1650 Av. Cedar  
Montréal, QC H3G 1A4

**Tel.:** (514) 934-8063  
**Option:** [option 9 for English] 1 + 5 + 3

## PAIN

Your jaw may feel stiff and sore.

- You will receive a prescription for pain medications. Take them as prescribed.
- It is recommended to take your pain medications as soon as you get home, before the local anesthesia wears off.
- Certain pain medications may make you sleepy or drowsy – you should not drive or operate machinery while taking these medications.



## BLEEDING

Some bleeding is normal for the first 24-28 hours after surgery.

- If bleeding occurs, fold a gauze and apply firm pressure to the area by biting on it for 30 minutes.

## STITCHES

- Dissolvable stitches are used for most surgeries and will fall out on their own in 1-2 weeks.
- It is normal that the stitches may loosen as the swelling decreases.

## SWELLING

- After the procedure, you may have swelling of the face and something bruising of the skin.
- Swelling can take up to 3 days to fully develop, and can last for 7-10 days.
- You can minimize swelling by:
  - Applying ice packs for the first 48-72 hours, 30 minutes on/off. After you can use warm compresses.
  - Keep your head elevated for the first 48 hours
- If necessary, you may be required to perform mouth opening exercises to regain normal opening.

## ACTIVITY

- Get a lot of rest.
- Avoid strenuous activity for the next 3 days.
- Keep your head elevated on 2 pillows.

## SMOKING

Avoid smoking for the first 12 hours after your procedure. Smoking may cause bleeding and will decrease the healing process. It is highly recommended **not to smoke for at least 3 days** after surgery.

## DIET

- Liquid or soft diet is recommended for the first 48 hours (i.e. pasta, eggs, milkshakes/smoothies, broth, soup, etc.)
- You can resume a normal diet after 3 days.
- Avoid hot foods or liquids, hard and crunchy foods, spicy foods.
- Do not use a straw for the first few days as this can increase bleeding.
- Do not consume alcohol for at least 48 hours after surgery and while taking narcotics and antibiotics.

