



This post-operative booklet contains important information about the do's and don'ts of recovery. Following these instructions will help you recover quickly and comfortably and achieve the best results.

Dr. Tjandra and all of the staff at Rockwood Oral Surgery wish you a fast and smooth recovery and remember that we are always here for you in case of any questions or concerns. At the back of this booklet you will find information regarding your follow-up appointment, our office number and what to do in case of an emergency.

From everyone at Rockwood Oral Surgery, thank you for allowing us the privilege to be a part of your care.

## IMMEDIATELY FOLLOWING SURGERY

- Continue to firmly bite on gauze for 30-40 minutes
- Avoid excessive talking while biting on gauze
- Avoid vigorous spitting and mouth rinsing
- Avoid extraneous activities in the first 48 hours
- Do not suddenly sit up from a lying position as you may become dizzy. Make sure that you sit for one minute before standing up
- Keep well hydrated
- Do not sleep or eat with the gauze in your mouth

## FEELING GROGGY

After your appointment, DO NOT operate a motor vehicle or hazardous machinery or do any strenuous activity for at least 24 hours. You may be drowsy for the remainder of the day and should be monitored by a responsible adult. Do not consume alcohol and other drugs including marijuana for the rest of the day and while taking narcotic pain medications that you may have been prescribed. Do not sign any legal documents for 24 hours.

## SWELLING & BRUISING

Swelling of the face and bruising of the skin are normal events after oral surgery and may increase for 3 to 4 days. This will gradually subside over approximately one week. Bruising of the neck and chest may occur. Do not apply heat to the face. Ice packs may be utilized at intervals of 10 to 15 minutes for the first 48 hours. Sleep in an elevated position over 2 to 3 soft pillows.

## BLEEDING

Mild bleeding is to be expected in the first 24 to 48 hours following oral surgery. Apply gauze directly to the surgical wound and bite down firmly. Change the gauze before it becomes saturated with blood or saliva, every 30 minutes. Do not eat, drink or sleep with gauze in your mouth. You may have to repeat this several times until the blood clot stabilizes. Slight on and off bleeding or redness in your saliva is common during the first 3-4 days.

Excessive bleeding can be managed by first gently rinsing and wiping away the old blood clot, then placing a fresh gauze pad over the wound and firmly biting for 30 minutes non-stop. Profuse or persistent bleeding must be reported to our office in order for Dr. Tjandra to properly manage your care.

## LIMITED MOUTH OPENING

Limited mouth opening after oral surgery is normal and will gradually improve after 7 to 10 days.

## ELEVATED TEMPERATURE

A temperature increase to 102° F or 39°C is common for 1 to 2 days after surgery. If your temperature goes higher than this, please call our office at the number provided at the back of this booklet.

## STICHES

Stitches are used to control bleeding. They will dissolve over 3 to 10 days. After 5 days, if a small piece of suture is hanging you can try to remove it or cut it shorter. Sometimes non-dissolvable stiches are used, and they will be removed at your follow-up appointment.

## DIET

After surgery, your jaw may be stiff and your throat may be sore, so it may be difficult to eat. Keeping well hydrated is very important. Drink plenty of fluids following surgery. Clear, cool non-carbonated fluids are recommended during the first 48 hours following surgery. Remain on a soft non-chew diet for first 5 days or as instructed by Dr. Tjandra and/or the nurses at Rockwood Oral Surgery. Do not use straws because the sucking motion can disrupt the blood clot more bleeding.

### FOODS TO CONSIDER

- Oatmeal
- Mashed potatoes
- Scrambled eggs
- Soft pastas
- Finely cut meats and fish
- Protein drinks
- Ensure
- Soups
- Apple sauce
- Ice cream/Jello/Yogurt

### THINGS TO AVOID

- Acidic foods
- Hard seeds, nuts, popcorn
- Candy
- Spicy foods
- Hot drinks
- Alcohol
- Any food that requires a lot of chewing

## SMOKING

Smoking should be avoided as it can complicate the healing process. Smoking after surgery has been shown to reduce the success rate of bone grafting and dental implant surgery and increases the risk of developing dry socket and infections after extractions.

You will be prescribed or recommended to take pain medications after your surgery. It is normal for pain to progressively increase from the time your freezing wears off until the first 24-72 hours. Dr. Tjandra and the nurses at Rockwood Oral Surgery will have provided you or your responsible adult escort with the details for how to take these medications. Narcotic pain medications will make you groggy and slow down your reflexes. Do not drive a vehicle or operate heavy machinery as long as you are taking narcotics. Avoid alcoholic beverages with your pain medication.

## PAIN MEDICATIONS & ANTIBIOTICS

All prescribed medication should be taken only as directed. Your pain medication should keep you comfortable and is best taken with some fluid or food in your stomach. For mild pain, Advil or Tylenol may be taken. Narcotic pain medications will make you groggy and slow down your reflexes. Do not drive a vehicle or operate heavy machinery as long as you are taking narcotics. If you were prescribed antibiotics, please take as directed until finished. To avoid upset stomach issues associated with antibiotics, consider taking over the counter probiotics. Avoid alcoholic beverages with your medications.

Female patients on birth control pills taking antibiotics at the same time should know that the combination of these two drugs may cause birth control pills to become ineffective as a contraceptive method. Pregnancy may occur if alternative methods of birth control are not used for the remainder of the menstrual cycle.

## ACID REFLUX

After your procedure, you will be prescribed a number of different medications. Please consult your pharmacist about how to take these medications relative to meal time to prevent upset stomach. Most medications such as Advil and Ibuprofen can lead to acid reflux when taken on an empty stomach. To avoid complications with antibiotics, please purchase over the counter probiotics.

## NAUSEA

Nausea can occur after having had anesthesia. In the event of feeling nauseous, limit your oral intake and stop taking prescribed medications. You should sip on tea or ginger ale slowly over a 15-minute period. You can also consult your pharmacist about over the counter remedies such as Gravol.

## CONSTIPATION

Narcotic pain medications can often result in constipation. If you develop constipation, please stop the narcotics and consult your local pharmacist about over the counter remedies.

## ORAL HYGIENE

You may begin rinsing your mouth very gently on the day after your surgery. Vigorous rinsing can disturb the healing process. Gently rinse with either ¼ teaspoon of salt or baking soda in ½ glass of warm water, 5 - 6 times per day for 1 week. If a prescription mouth rinse was given to you, use it twice a day; in the morning after breakfast and in the evening after brushing your teeth. Do not use mouthwash such as Scope or Listerine. Begin brushing your teeth 24 hours after surgery and when comfortable to do so. Lubricate your lips with Vaseline or any bland ointment.

## LACK OF NORMAL SENSATION

The numbness from local anesthesia used during surgery can last up to 4 to 12 hours and sometimes longer because it is long-lasting. While numbness persists, please be careful when eating to avoid biting your lips or tongue. Monitor the temperature of your food and drinks to avoid inadvertent burning of your mouth while frozen. If numbness persists at the lower lip, chin or tongue persists longer than 1 day, please call Rockwood Oral Surgery to inform Dr. Tjandra.

## SINUS PRECAUTIONS

Our team will let you know a head of time if this applies to you. Sinus precautions are for the first 1-2 weeks after surgery and include the following:

- **Avoid blowing your nose:** wipe your nose with a cloth
- **Avoid sneezing:** if you must, keep your mouth open
- **Avoid sucking:** do not drink through a straw. Do not smoke
- **Avoid blowing:** do not play a wind instrument
- **Avoid lifting:** do not lift objects weighing more than 20lbs
- **Avoid bending over**

## MANAGEMENT OF COMMON POST-OPERATIVE COMPLICATIONS

### NAUSEA AND/OR VOMITING

Nausea and/or vomiting may be side effects of general anesthesia and sedation. Nausea may also be caused by motion sickness during your ride home, prescribed antibiotics, pain medications and swallowing blood. If post-operative nausea and/or vomiting occurs in the first 24 hours after surgery, it is usually from swallowing small amounts of blood on an empty stomach. Even small amounts of blood can cause some people to vomit. To help alleviate the sensation of nausea, drink small amounts of ginger ale with most of the carbonations stirred out. Drink ¼ of a cup over a 20-minute period. You may also try over the counter anti-emetics like Gravol, if you can keep the medication down. Do not take any of your prescribed pain medication or antibiotics until food has stayed down for at least 15 minutes. If your symptoms persist, please call Rockwood Oral Surgery at the number provided on the back of this booklet.

## EXCESSIVE BLEEDING

After surgery, you do not leave our office until the initial clot has formed. A slow trickle of blood is normal immediately after surgery. It can take up to 8 hours for the clot to fully form and stabilize. It is very important to bite on gauze with a gentle pressure non-stop for 30-minute intervals, several times in the first day. Do not sleep with gauze in your mouth. It is normal for the gauze to be soaked with saliva and blood.

### Causes of persistent bleeding after surgery:

- Failure to firmly bite on gauze for 30-minute intervals
- Excessive chewing, talking or touching the wound
- Vigorous spitting and mouth rinsing
- Extraneous activity
- Uncontrolled high blood pressure
- You may be on a blood thinner medication

### If active bleeding continues:

- Remove the soaked gauze
- Gently wipe the wound with a moist gauze to remove the clot
- Place one/two teabags over the bleeding site (Regular tea only)
- Place gauze over the teabags
- Bite down nonstop with a firm pressure for 60 minutes
- Repeat three times and if bleeding continues, please call the office to speak with us.

## BOWEL IRREGULARITIES

Be aware that you will not have a normal bowel movement until you return to a normal diet. As long as you are able to pass gas and have no stomach cramps, it is normal to have little to no bowel movement. Be aware that narcotics, dehydration and even antibiotics can lead to bowel irregularities. If you develop constipation, stop the narcotic and drink lots of fluids. You may also ask your pharmacist about stool softeners. If you develop non-stop diarrhea, stop the prescribed antibiotics and call Rockwood Oral Surgery at the number provided at the back of this booklet.

## DRY SOCKET

When the blood clot either dissolves or is dislodged prematurely, the bone and nerve can become exposed resulting in severe pain. Pain after surgery is normal. However, if your pain continues to get worse after the 4<sup>th</sup> or 5<sup>th</sup> day, and is no longer adequately managed by medication, you may have dry socket. Please contact Rockwood Oral Surgery to discuss your symptoms and possibly schedule an early follow-up appointment. Factors that increase your chance of developing dry socket include: smoking, vigorous spitting, using straws, being on birth control pill and failure to bite on gauze after surgery.

## NOTES

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Please visit our website [www.rockwoodsurgery.ca](http://www.rockwoodsurgery.ca) and review the Surgical Instructions Tab which has information and care instructions specific to the procedure you have had (i.e wisdom teeth extractions, dental implant placement etc.).

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**In case of an emergency, please contact our office during regular business hours at 905-296-6555**

**For any Emergencies after hours and on weekends,  
you can reach Dr. Tjandra using the following:**

Please Text or Call and leave a voicemail with your questions to:

**289-206-0875**

Please make sure to include your contact information and a description of the issue. Please take note that this number is for text and voicemail only. Dr. Tjandra will get back to you as soon as he is able.

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**YOUR FOLLOW-UP APPOINTMENT IS  
SCHEDULE ON**

**PLEASE NOTIFY US 48 HOURS IN ADVANCE IF  
YOU ARE UNABLE TO KEEP YOUR  
APPOINTMENT**



## **POST-OPERATIVE INSTRUCTIONS**

**Dr. Sean S. Tjandra**

**905-296-6555**

[info@rockwoodsurgery.ca](mailto:info@rockwoodsurgery.ca)

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

**101-623 Upper James Street  
Hamilton, ON L9C 2Y9**