



Patient & Family Guide

2022

After Minor Oral Surgery

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Aussi disponible en français : FF85-1727



www.nshealth.ca

After Minor Oral Surgery

This guide will help with your care at home.

The name of your surgery is _____.

Discomfort

- Your doctor may give you a prescription for pain pills to help with discomfort after your surgery. Take all medication as prescribed by your doctor.
- **Do not drink alcohol while taking pain pills.**
- **Do not drive 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

It is normal to have some oozing and discoloured saliva (spit) after oral surgery.

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 increase (go up) until the third day after surgery. Then it should start to go down.

- For the first 24 hours (1 day), use ice packs for 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. You can use a hot water bottle or warm, moist towel until the swelling and stiffness go away.

Food

Only drink cold fluids on the day of surgery (like ice cream, Jell-O[®], eggnog, or milkshakes). Then eat warm soups and very soft foods for the next couple of days.

Stitches

The stitches in your mouth will dissolve (go away) and fall out on their own.

What are your questions?

Please ask. We are here to help you.

If you have questions or concerns at home:

Urgent questions or concerns:

8:30 a.m. to 3:30 p.m., Monday to Friday:

› Phone: 902-473-5238

We will return your message as soon as possible.

Outside above hours or if line is busy:

› Phone: 902-473-2222

Ask for the oral surgery resident on call. Stay on the line and the resident will be with you shortly.

Non-urgent questions:

Oral and Maxillofacial Surgery Clinic
(8:30 a.m. to 3:30 p.m., Monday to Friday):

› Phone: 902-473-2070

We will return your message as soon as possible.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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