



Patient & Family Guide

2022

# After Minor Oral Surgery

## VG Site

Aussi disponible en français : *Après une  
chirurgie buccale mineure* (FF85-1727)



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

# After Minor Oral Surgery

This guide will help with your care at home.

The name of your surgery is

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## 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<sup>®</sup>, 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.



### **Looking for more health information?**

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

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

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

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.