



DR. LUC DUCHARME
& ASSOCIATES

Post-operative Instructions Following Oral Surgery

Medication

- If a prescription is given, it should be filled at the pharmacy right away;
- Pain medication should be taken before the freezing wears off;
- Antibiotics must be taken until finished.

Bleeding

- You can expect some bleeding the day of surgery;
- A small amount of bleeding is normal;
- To control the bleeding, use rolled gauze placed directly on the surgical site;
- Pressure should be applied by biting down for 45 minutes;
- Gauze packs can be used up to 2 hours and must not be left in the mouth while sleeping;
- If the bleeding continues, do not hesitate to call the office.

Swelling

- Minor swelling may follow your surgical procedure;
- Swelling usually peaks after 2-3 days following the surgery;
- Bruising is very common and will disappear along with the swelling;
- Ice packs should be used for the rest of the day of the surgery, alternating 10 minutes on and 10 minutes off;
- Do not apply ice after the first 12 hours;
- On the third day, you may use warm moist compresses to relieve swelling and stiffness;
- Practice opening and closing your mouth to reduce muscle stiffness.

Rinsing

- Do not rinse for at least 24 hours after surgery;
- Avoid smoking for at least 24 to 48 hours after surgery;
- After 24 hours, use a warm salt/water rinse or prescribed mouthwash;
- Rinse gently, do not swish;
- On the second day, try using a soft toothbrush on your teeth and gums.

Dentures

- Dentures should be left in place following surgery for a full 2 days;
- Rinse your mouth with your dentures in place;
- After 2 days you may remove your dentures to rinse, but replace them immediately before any swelling occurs;
- After 3 days, remove your dentures while you are sleeping.

Nausea

If nausea and vomiting should occur, Graval can be taken by pill or suppository form (adult dosage is 50 mg every 6 hours).

Nutrition

- Adequate nutrition is essential for healing;
- Avoid hot drinks and foods until the freezing wears off;
- Drink plenty of fluids and eat a soft diet;
- Do not use a straw to drink.

Stitches

- Stitches will dissolve and fall out in approximately one week;
- See your dentist one week after surgery if stitches are none resorbent.

Exercise

Exercise should be done in moderation during the recovery period.

Office hours

Monday: 7 am to 5 pm
Tuesday: 7 am to 8 pm
Wednesday: 7 am to 7:30 pm
Thursday: 7 am to 5 pm
Friday: 7 am to 4:30 pm

After hours in case of emergency, please call

Dr. Olivier Julien: cell (819) 639-8522
Ottawa Dental Emergency: (613) 523-4185
Office: (613) 749-1785



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