

ReNew Dental Care
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Post surgical Care for the Surgical Client

The surgical area is highly susceptible to damage during the first week or two following your surgery. Best results are obtained by ensuring no pressure or pulling is endured by the surgical site. Avoid pulling on the surgical area to see what is happening, as that tends to pull on the sutures and may open the wound. Also avoid playing in the area with your tongue.

Immediately After Surgery:

1. Continue with your medications as they have been prescribed.
2. Place a bag of crushed ice or frozen peas against your face in the surgical area; 20 minutes on; 10 minutes off for no less than 3 hours.
3. Rest for the balance of the day; preferably lying down.
4. If you have taken oral sedation, do not fall off to sleep without taking the next course of medications.
5. Do not spit. Instead drawl from the side of your mouth.
6. Do not rinse for 24 hours. Rinsing will wash away the blood clot and delay healing.
7. Drink only from a glass or cup. Do not use a straw to suck.
8. Do not exercise for 3 days for routine extractions and 2 weeks for any bone grafting procedure.

First Week After Surgery:

1. Maintain a soft diet, eating on the side of the mouth that has not been treated. If both sides have been treated, then a liquid diet is recommended for the first 3 days.
2. Do not brush the teeth in the area of the surgery, but carefully clean the rest of the mouth with the recommended gel on your tooth brush (do not use regular toothpaste).
3. Rinse your mouth gently with a Chlorhexidine mouth rinse (such as Corsodyl, PerioRx) each time you clean your teeth, starting 24 hours **AFTER** surgery.
4. After rinsing, apply the dental gel on the stitches with a Q-tip or finger. If you have a temporary prosthesis, such as a removable denture, flipper, or have a complete or partial denture, apply the gel to the area of the prosthesis that sits over the surgical site.

Second Week After Surgery:

1. Only slightly firmer foods may be eaten, but ensure that they are cut up into small pieces before placing them in the mouth.
2. Your teeth in the area of the surgery can now be gently cleaned with a tooth brush dipped into a capful of the Chlorhexidine mouth rinse. The balance of the capful may be used as a mouth rinse when you have finished brushing your teeth.
3. Continue using the gel as in the first week.
4. Sutures will remain in the mouth for between 10 – 14 days. Please return to our office for removal of sutures as directed?
5. Regular toothpaste can be used again after the sutures have been removed. The mouth rinse can now be mixed half and half with water, and used as a rinse to continue aiding in the healing process.

