

Dr Eugene Tang  
2728 James St, Duncan, BC  
(250) 748 6865

- A. Wound care
  - 1. Bite firmly on gauze pack that has been placed, until you arrive home
  - 2. Do not smoke for at least 24 hours because this will promote bleeding and interfere with healing
- B. Bleeding
  - 1. Some blood will ooze from the area of surgery and is normal
  - 2. Do not spit or suck thick fluids through a straw
  - 3. If bleeding begins again, place a gauze over the socket and bite down for 30 min
- C. Discomfort
  - 1. Some discomfort is normal after surgery. Pain pills can be taken as prescribed
- D. Diet
  - 1. Eat normal regular meals as soon as possible after surgery. Cold, soft food such as ice cream may be the most comfortable for the first day
- E. Oral hygiene
  - 1. Do not rinse your mouth or brush your teeth for the first 8 hours after surgery
  - 2. Rinse gently with warm salt water every 4 hours
  - 3. Brush your teeth gently, but avoid the area of surgery
- F. Swelling
  - 1. Apply ice packs over the area of surgery for the first 12 hours helps control swelling
- G. Rest
  - 1. Avoid strenuous activity for 12 hours after your surgery
- H. Stiffness
  - 1. It is normal to experience jaw muscle stiffness and limited opening of your mouth for 5-10 days
- I. Stitches
  - 1. If stitches have been placed they will be resorbed within 7-14 days
- J. Call the office if:
  - 1. You experience excessive discomfort that you cannot control with your pain pills
  - 2. You have bleeding that you cannot control by biting on gauze
  - 3. You have increased swelling after the third day following your surgery
  - 4. You feel that you have a fever
  - 5. You have any questions