



This booklet contains important information about your recovery. Following these instructions will help you recover quickly and comfortably and achieve the best results.

Dr. Ebrahimi and all of the staff at Horizon Oral Surgery wish you a fast and smooth recovery and remember that we are always here for you in case of any questions or concerns. At the back of this booklet you will find information regarding your follow-up appointment, our office number and Dr. Ebrahimi's pager information.

From everyone at Horizon Oral Surgery, thank you for allowing us to be a part of your care.

IMMEDIATELY FOLLOWING SURGERY

- Continue to bite on gauze for 30 minutes
- Avoid excessive talking while biting on gauze
- Do not sleep or eat with the gauze in your mouth
- Avoid straws, vigorous spitting and mouth rinsing
- Avoid excessive activity in the first 48 hours
- Avoid sudden standing from a lying position as you may become dizzy. Make sure that you sit for one minute before standing up
- Keep well hydrated

FEELING GROGGY

After sedation, it is normal to be drowsy and poorly coordinated for several hours. Stay home and rest for the remainder of the day. Do not drive or sign any legal documents for 24 hours. No exercise or heavy lifting for 1 week.

SWELLING & BRUISING

Swelling of the face and bruising of the skin are normal events after oral surgery and may progressively increase for 2 to 3 days. This will gradually subside over approximately one week. Bruising of the neck and around the eyes may occur. Do not apply heat to the face. Ice packs may be utilized at intervals of 10 to 15 minutes for the first 24 hours. Sleep in an elevated position over 2 to 3 soft pillows.

BLEEDING

Mild bleeding is to be expected in the first 24 to 48 hours following oral surgery. It can take up to 8 hours for the clot to fully form and stabilize. It is very important to bite on gauze non-stop for 30-minute intervals, several times on the first day. Change the gauze before it becomes saturated with blood or saliva. Do not eat, drink or sleep with gauze in your mouth. Slight on and off bleeding or redness in your saliva is common during the first 3 days.

Causes of persistent bleeding after surgery:

- Failure to firmly bite on gauze for 30-minute intervals
- Excessive chewing, talking or touching the wound
- Vigorous spitting and mouth rinsing
- Uncontrolled high blood pressure
- You may be on a blood thinner medication

If active bleeding continues:

- Remove the soaked gauze
- Gently wipe the wound with a moist gauze to remove the old clot
- Place 1-2 moist teabags over the site (regular black tea only)
- Place gauze over the teabags
- Bite non-stop with a firm pressure for 60 minutes
- Repeat twice and if still continues, please call the office or page Dr. Ebrahimi at the numbers provided at the back of this booklet

STICHES

Stitches are used to control bleeding. They will dissolve over 3 to 10 days. Sometimes non-dissolvable stitches are used, and they will be removed at your follow-up appointment.

DIET

After surgery, your jaw may be stiff and your throat may be sore, so it may be difficult to eat. Keeping well hydrated is very important. Drink plenty of fluids following surgery. Clear, cool non-carbonated fluids are recommended during the first 48 hours following surgery. Remain on a soft non-chew diet for first week or as instructed by our team. Do not use straws because the sucking motion can disrupt the blood clot causing more bleeding.

FOODS TO CONSIDER

- Oatmeal
- Mashed potatoes
- Scrambled eggs
- Soft pastas
- Finely cut meats/fish
- Protein drinks
- Ensure
- Boost
- Soups
- Apple sauce
- Ice cream
- Jello
- Yogurt
- Freezies

THINGS TO AVOID

- Acidic foods
- Hard seeds, nuts, popcorn
- Candy
- Spicy foods
- Hot drinks
- Alcohol
- Anything that requires a lot of chewing

SMOKING

Smoking should be avoided as it can complicate the healing process. Smoking after surgery can reduce the success rate of bone grafting and dental implant surgery and increases the risk of developing dry socket after extractions.

LIMITED MOUTH OPENING

Limited mouth opening after oral surgery is normal and will gradually improve after 7 to 10 days.

ELEVATED TEMPERATURE

A temperature increase to 102° F or 39°C is common for 1 to 2 days after surgery. If your temperature goes higher than this, please call our office at the number provided at the back of this booklet.

ORAL HYGIENE

You may begin rinsing your mouth very gently on the day after your surgery. Vigorous rinsing can disturb the healing process. Gently rinse with either ¼ teaspoon of salt or baking soda in ½ glass of warm water, 5 - 6 times per day for 1 week. If a prescription mouth rinse was prescribed, use it twice a day; in the morning after breakfast and in the evening after brushing your teeth. Do not use mouthwash such as Scope or Listerine. Begin brushing your teeth with a manual toothbrush 24 hours after surgery and when comfortable to do so. Lubricate your lips with Vaseline or any bland ointment. DO NOT use herbal rinses.

PAIN

It is normal for pain to progressively increase from the time your freezing wears off and into the first 24 hours following surgery. For mild to moderate pain it is best to use over the counter regular or extra-strength Tylenol or Advil. A short course of narcotic pain medications will be prescribed when moderate to severe pain is expected. Dr. Ebrahimi will provide you or your responsible adult escort with the details of how to take pain medications.

PAIN MEDICATION & ANTIBIOTICS

All medication prescribed by our clinic should be taken as directed. Your pain medication(s) should keep you comfortable and are best taken with some fluid or food in your stomach. Narcotic pain medications will make you groggy and slow down your reflexes. Do not drive a vehicle or operate heavy machinery as long as you are taking narcotics. If you were prescribed antibiotics, please take them as directed until finished. To avoid upset stomach associated with antibiotics, consider taking probiotics. Do not mix alcohol with the prescribed medications.

Female patients on birth control pills taking antibiotics at the same time should know that the combination of these two drugs may cause birth control pills to become ineffective as a contraceptive method. Pregnancy may occur if alternative methods of birth control are not used for the remainder of the menstrual cycle.

ACID REFLUX

Most medications such as Advil and Ibuprofen can lead to acid reflux when taken on an empty stomach. Please consult your pharmacist about how to take these medications relative to meal time to prevent upset stomach. To avoid complications with antibiotics, please purchase probiotics.

NAUSEA

Nausea and vomiting may be side effects of general anesthesia, motion sickness during your ride home, prescribed antibiotics, pain medications or swallowing blood. To help alleviate the sensation of nausea, drink small amounts of ginger ale with most of the carbonations stirred out. Drink $\frac{1}{4}$ of a cup over a 20-minute period. You may also try over the counter anti-emetics like Gravol, if you can keep the medication down. Do not take any of your prescribed pain medication or antibiotics until food has stayed down for at least 15 minutes. If your symptoms persist, please notify our clinic.

CONSTIPATION

Narcotic pain medications can often result in constipation. If you develop constipation, please stop the narcotics and consult your local pharmacist about over the counter remedies.

BOWEL IRREGULARITIES

Be aware that you will not have a normal bowel movement until you return to a regular diet. As long as you are able to pass gas and have no stomach cramps, it is normal to have little to no bowel movement. Be aware that narcotics, dehydration and even antibiotics can lead to bowel irregularities. If you develop constipation, stop the narcotic pain medication and drink lots of fluids. You may also ask your pharmacist about stool softeners. If you develop non-stop diarrhea, stop the prescribed antibiotics and call our clinic.

LACK OF NORMAL SENSATION

The numbness from local anesthesia used during surgery can last up to 4 to 12 hours and sometimes longer because it is long-lasting. While numbness persists, please be careful when eating to avoid biting your lips or tongue. Monitor the temperature of your food and drinks to avoid inadvertent burning of your mouth while frozen. If numbness persists longer than 1 day, please call our clinic to inform Dr. Ebrahimi.

SINUS PRECAUTIONS

Our team will let you know a head of time if this applies to you. Sinus precautions are for the first 1-2 weeks after surgery and include the following:

- Avoid blowing your nose: wipe your nose with a cloth
- Avoid sneezing: if you must, keep your mouth open
- Avoid sucking: do not drink through a straw
- Avoid blowing: do not play a wind instrument
- Avoid lifting: do not lift objects weighing more than 20lbs
- Avoid bending over
- Avoid smoking
- Avoid travelling on an airplane in the first week

DRY SOCKET

Pain after surgery is normal and while it may peak in the first 24 hours, it usually subsides by the end of the first week. However, if your pain continues to get worse after the 4th or 5th day, and is no longer adequately managed by medication, you may have dry socket. Please contact our clinic to schedule an early follow-up appointment. Factors that increase your chance of developing dry socket include: smoking, vigorous spitting, using straws, being on birth control pill and failure to bite on gauze after surgery.

NOTES

In case of an emergency, please contact our office during regular business hours at **905-553-6725**

After hours and on weekends, you can directly page Dr. Ebrahimi using the following:

1. Email your questions to:

3698000@onpage.com

Make sure to include your contact information and a description of the issue.

2. If you do not have access to email:

- Dial **1-855-266-7243**
- Enter Dr. Ebrahimi's ID: **3698000**, and press pound (#)
- Enter a callback number where Dr. Ebrahimi can reach you

**YOUR FOLLOW-UP APPOINTMENT IS
SCHEDULED ON**

**PLEASE NOTIFY US 24 HOURS IN ADVANCE IF YOU
ARE UNABLE TO KEEP YOUR APPOINTMENT**



HOME-CARE INSTRUCTIONS

Dr. Eric Ebrahimi

T: 905-553-6725

F: 905-553-6726

nurse@horizonoralsurgery.ca

www.horizonoralsurgery.ca

3582 Major Mackenzie Drive West, #201
Vaughan, Ontario L4H 3T6