

POST OP INSTRUCTIONS FOR EXTRACTIONS

Today: Day 1

- After an extraction it's important for a blood clot to form to stop the bleeding and begin the healing process. Change the gauze every 20-30 mins until light bleeding (light pink on the gauze), you may have to do this several times. To help control the bleeding bite firmly. It is common to have blood in saliva for 1- 2 days. Remove gauze to eat or drink. Do not use gauze at bedtime. If bleeding still has not stopped after 3 hours, place a black teabag in lukewarm water, squeeze out excess water, and bite down on the wet teabag for up to 30 mins.
- Cool, soft foods and beverages are recommended while you are numb.
Examples: Ice Cream, Jell-O, yogurt, pudding, applesauce.
Luke warm foods are okay later today; just make sure they are not too hot.
Examples: Soup, pasta, mashed potatoes, eggs.
Foods to avoid: nuts, chips, seeds, and popcorn for 2 weeks.
Advance diet as tolerated.
Try not to miss a meal and increase your fluid intake.
- Swelling is normally expected, use ice packs to help prevent swelling. Apply the ice in 20-minute intervals. 20 mins on and 20 mins off. Apply ice for the first 48 hours only. Swelling around the mouth, cheek and eyes is not uncommon. The swelling will not reach its maximum until 2-3 days post-operatively. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery.
- Do not smoke for 48 hours or use a straw for 2 weeks.
- You may gently brush tonight, otherwise no additional rinsing or spitting
- Limit talking. The more you talk, the more the more your tongue and associated muscles move disturbing the clots.

Day 2:

- Continue using ice packs 20 mins on and 20 mins off.
- If given a prescription mouth rinse (Peridex) start today, twice daily for 10 days. Follow the directions on the bottle.
- If you did not get a prescription mouth rinse, start salt rinses twice daily for 10 days. (1tsp. salt and 8 oz. of warm water)

Day 3:

- Swelling usually peaks on day 3. Applying heat helps to minimize the swelling after 48 hours. Heating instructions are printed on the back of the gel pack. If you were not given a gel pack you can use a warm moist towel or a cloth-covered heating pad. Apply heat 20 minutes on and 20 minutes off to help minimize swelling and soothe tender areas.

5 days after surgery:

- If you were given an irrigating syringe, fill the syringe with warm salt water and irrigate the lower extraction sites gently, especially after eating. Continue using the irrigating syringe until you are no longer sensing food and debris coming from extraction sites and the extraction site is closed. (This may take a few weeks)

Additional instructions:

- Sutures are placed for various reasons. They are not always required. Sometimes they become dislodged, this is no cause for alarm. Just remove the suture from your mouth and discard it. Sutures will dissolve in 3-7 days. You will be notified if an appointment is needed to remove sutures.
- If you had a denture placed at the time of surgery, you should wear your denture without removing it for the first 48 hours. After 48 hours, remove the denture at night and while napping from this point forward. You should see your dentist within 24-72 hours after surgery and they will make any necessary adjustments and give you additional instructions for care.
- Restrict physical activity for the 1 week after surgery. Exercise can cause the site to bleed or dislodge a blood clot, leading to a dry socket.
- A sore throat and/or pain when swallowing is not uncommon. The muscles get swollen. The normal act of swallowing can then become painful. This will subside.
- There may be a slight elevation of body temperature following surgery. It is a normal inflammatory response following surgery and is not always an indication of infection. If you experience a persistent elevated temperature above 100 degrees Fahrenheit, notify our office.
- Occasionally, patients feel hard projections in the mouth with their tongues. These bony projections usually smooth out spontaneously over time.
- A dry socket is when the blood clot gets dislodged from the tooth socket. Symptoms of throbbing pain at the surgical site and even pain in the ear can occur. These typically present themselves 4-6 days following surgery. Call the office if this occurs.
- Soreness can be expected 10-14 days after surgery.

For patients having sedation or general anesthesia:

- Go directly home and rest for the next 24-48 hours.
- You should not drive a motor vehicle or operate any mechanical equipment for 24 hours.
- A responsible adult should be with you today for 4-6 hours after surgery.

Over-the-counter pain medication:

- Use over-the-counter pain medications for discomfort. Use Advil (ibuprofen) or Tylenol (acetaminophen). You can alternate between ibuprofen and acetaminophen every 3 hours. For example, you can take ibuprofen first, followed by acetaminophen 3 hours later, and then repeat this process as needed. Do not take more than 4000mg of Tylenol from all sources in a 24-hour period.
- Children (under 100lbs) should follow dosage information on the Children's Advil/Tylenol bottle.

Narcotic pain medication:

- While using the narcotic pain medication you should be home resting. No driving, working, school, or alcohol consumption within 6 hours of taking the narcotic pain medication.
- You need to eat (at least) one cup of food before each dose of narcotic pain medication.
- You should take acetaminophen (Tylenol) and ibuprofen (Advil) as primary treatment for pain and add the narcotic in addition to that as needed. If taking the narcotic pain medication you may combine it with ibuprofen (Advil), do not combine it with acetaminophen (Tylenol)
- Allow 1 hour between the antibiotics and the pain medication. If you take a narcotic, antibiotic, etc. all at the same time, this increases the risk of nausea and upset stomach.
- Sometimes narcotics can cause constipation. An over-the-counter stool softener may be helpful if you are prone to constipation

Antibiotics:

- If prescribed, start the antibiotic on day 1 and take it as prescribed.
- If you are taking oral contraceptives, you should use an alternative method of birth control for the remainder of this cycle. Antibiotics reduce the effectiveness of oral contraceptives.

Steroid:

- If you were prescribed a Medrol Dose Pack, start on day 1. Take as directed.

Please contact our office at 701-478-4404 with any questions or concerns.