

Perfect Smiles Family Dentistry

Teeth Extraction Post-Op Care Instructions

Day 1: Continue biting on the gauze for 30-60 minutes following your procedure. DO NOT spit, rinse, suck using a straw, smoke, drink carbonated or alcoholic beverages for at least 24 hours. Passively empty your mouth when needed. The goal is to prevent a painful complication known as dry socket (dry socket happens when the blood clot covering your socket dislodges). Do not swallow blood as it may cause nausea.

Day 2: You will most likely experience one or more of the following symptoms: minor pain, swelling, bruising, limitation in opening or closing your mouth, pain in the jaw or ear, sore throat. It is important to listen to your body and take it easy. **No heavy lifting, spitting, sucking, alcohol or smoking.**

Bleeding: Bleeding after surgery may continue for several hours. The best way to stop bleeding is to place a folded damp gauze over the extraction site and we bight for 30-60 minutes. Rest quietly with your head elevated. If bleeding continues use gauze for an additional 30 minutes. Bleeding should always be evaluated by looking directly at the surgical site. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem.

Swelling: Swelling is the body's normal reaction to surgery and healing. The swelling will not become apparent until the day following surgery and will not reach its peak for 2-3 days. After this time, the swelling should decrease but may persist for 7-10 days. Swelling may be minimized by the immediate use of ice packs (a frozen bag of peas are okay to use). Apply the ice packs to the outside of the face 20 minutes on, and then 20 minutes off while awake for the first 24 hours.

Pain: Unfortunately, most oral surgery is accompanied by some degree of discomfort. If you do not have an allergy to non-steroidal anti-inflammatory medications like Ibuprofen (Motrin, Advil), we recommend taking this prior to the local anesthetic wearing off. More severe pain may require narcotic pain medication such as Tylenol #3 with Codeine. You may alternate the ibuprofen and narcotic medication. Alternate these medications as prescribed. Never exceed the recommended dose. **While taking a narcotic pain medication you may not drive or operate mechanical machinery.** The prescribed pain medication will make you drowsy. Once you feel like you can stop the narcotic, use ibuprofen or Tylenol. All medications should not exceed the recommended dosage. Discomfort should subside daily. If not, please call our office.

Dry Sockets: If a dry socket occurs (gloss of blood clot from socket) there is constant pain that may radiate to other areas including ear, jaw and teeth. Symptoms of a dry socket do not occur until the 3rd or 4th day post-operative. If you do not have improvements during the first few days following the procedure, call the office. A medicated dressing may be placed if medications do not resolve the discomfort. **To help prevent a dry socket avoid spitting, sucking from a straw, vigorous rinsing, sucking on the wound, smoking and exercising for 2-3 days after the procedure.** You made gently rinse your mouth with a dilute mouth rinse or of your choice after one day.

Diet: After general anesthetic or I.V. sedation, start with liquids. While numb, patients should avoid hot liquids or foods. Patients may have applesauce, pudding, jello, scrambled eggs or smoothies (no straw!). Once numbness wears off patients can progress to soft solid foods like scrambled eggs and mash potatoes, chewing away from the surgical sites. Patients should avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the socket areas.

Fainting Precaution: If you suddenly sit or stand from a lying position you may become dizzy, especially if you have not eaten or have had limited fluids. Therefore, immediately following surgery, if you are lying down, make sure to sit or at least one full minute before standing.

Activity: For the first 48 hours you should rest and relax with no physical activity. After 48 hours, you may resume activity as tolerated.

Oral Hygiene: The best way to prevent infection and ensure healing is to keep your mouth clean. Clean your mouth thoroughly after each meal beginning the day after surgery. Use a soft bristle toothbrush and toothpaste after meals and at bedtime. Should bleeding resume after brushing, repeat the use of gauze as described above. Do not rinse your mouth the day of surgery.

Healing: Bad breath is common and will disappear as healing occurs. 2-3 days following surgery, white, possible hard tissue may be seen in the surgical site. This signifies normal, healing tissue. Complete healing of the extraction site may take 6-8 weeks.

Irrigating: It is common and inevitable that food and other debris will begin to accumulate in your extraction sites. This is even more common on the lower extraction sites. We provide a curved-tip irrigation syringe that you should begin using on DAY 5-7, after your surgery to aid in the removal of debris. We recommend you use either a lukewarm saline solution or tap-water to irrigate your sockets.

Sutures/Stitches: Usually, sutures will resorb or fall out on their own. It is normal for a suture to come out on the day of surgery. If reading occurs because the sutures have fallen out, bites on gauze to apply pressure as described on the first page. If oral surgeon uses non-resorbable sutures, doctor will remove them 10 days post-surgery.

Prescription Drugs : If an antibiotic is prescribed, take the tablets or liquid as directed. Take the entire antibiotic prescription until gone. Antibiotics can be given to help prevent infection. Ibuprofen (ie., Motrin) can be prescribed to help with the swelling and pain . Motrin should be taken after you pick up your prescription from the pharmacy as it can help with pain management after the Novocaine wears off. A stronger narcotic medication such as Tylenol 3 w/ Codeine may be prescribed to help with the overall pain. Make sure to call the office if a rash or other unfavorable reaction occurs.

Food List: Patients who are well prepared for their surgery usually have a smoother recovery. We advise the patient to plan ahead and buy some soft food items prior to surgery. On the day of surgery, begin with clear fluids (juice, broth, tea, Jell-O) and progress slowly to more substantial foods. Remember, it is important to maintain nutrition for optimal healing to occur.

***The following are examples of soft food items:**

- Hearty Soups (cream of asparagus, lentil, minestrone, split pea)
- Juice (cranberry, apple, grape) avoid citrus juice for a few days
- Herbal Tea
- Jell-O
- Yogurt (soft or frozen)
- Cottage Cheese
- Pudding/Custard
- Soft Fruit (banana, papaya, berries, canned peaches or pears)
- Applesauce
- Popsicles
- Ice Cream & Milkshakes (no straws)
- Fresh Cooked Vegetables
- Fruit Smoothies/Protein Shakes (no seeds)
- Oatmeal/Cream of Wheat
- Eggs (scrambled, soft boiled, omelets)
- Mashed Potatoes
- Rice, Risotto
- Tofu
- Pasta (plain or with sauce)
- Fish (soft white fish, sole, trout, snapper)

***Please avoid the following foods the first 7 days after surgery:**

- Spicy Foods
- Foods that are difficult to chew
- Popcorn & Chips (avoid for a month)
- French bread loafs and Baguettes
- Alcoholic Beverages

*I acknowledge that I have read and understand the above IV sedation pre-op instructions. I agree to follow all instructions provided to me by this office before and after the procedure, take medication(s) as prescribed, practice proper oral hygiene, keep all appointments, make return appointments if complications arise, and complete care. I will inform my doctor of any post-operative problems as they arise. My failure to comply could result in complications, risks, or less than optimal results.

Patient or Legal Representative Signature:

Date:

Print Patient or Legal Representative Name/Relationship: