



TOOTH EXTRACTION - POST-OPERATIVE INSTRUCTIONS

PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call our office for clarification. Our number is: 425-332-5333

DAY OF SURGERY

FIRST HOUR: Bite down gently but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Do not change them for the first hour unless the bleeding is not controlled. The packs may be gently removed after one hour. If active bleeding persists, place enough new gauze to obtain pressure over the surgical site for another 30 minutes. The gauze may then be changed as necessary (typically every 30 to 45 minutes). It is best to moisten the gauze with tap water and loosely fluff for more comfortable positioning.

EXERCISE CARE: Do not disturb the surgical area today. Do NOT rinse vigorously or probe the area with any objects. You may brush your teeth gently. PLEASE DO NOT SMOKE for at least 72 hours, since this is very detrimental to healing and may increase your risk of a dry socket.

OOZING: Intermittent bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze over the areas and biting on the gauze for 30-45 minutes at a time.

PERSISTENT BLEEDING: Bleeding should never be severe. If so, it usually means that the packs are being clenched between teeth only and are not exerting pressure on the surgical areas. Try repositioning the packs. If bleeding persists or becomes heavy you may substitute a tea bag (soaked in very hot water, squeezed damp-dry and wrapped in a moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office.

SWELLING: Swelling is often associated with oral surgery. It can be minimized by using a cold pack, ice bag or a bag of frozen peas wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 24 hours after surgery. If you have been prescribed medicine for the control of swelling, be sure to take it as directed. Any severe swelling of the neck or tongue is not normal and should be reported to our office immediately.

BRUISING: Bruising and discoloration is not unusual. If your surgery was in the lower jaw, expect bruising that can sometimes be seen in the neck and chest. If your surgery was in the upper jaw, bruising and discoloration can extend into the cheek and lower eyelid. Bruising can be improved with heat starting after 48 hours of surgery. A towel or washcloth soaked in hot water and wrung out work best for applying moist heat.

PAIN: Unfortunately most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication. If prescribed, ibuprofen is best for controlling pain. If you take the first pill before the anesthetic has worn off, you should be able to manage any discomfort better. If prescribed, Narcotic pain medication should only be taken if absolutely necessary. Some patients find that narcotic pain medicine causes nausea, but if you precede each pain pill with a small amount of food, chances for nausea will be reduced. The effects of pain medications vary widely among individuals. Remember that the most severe



pain is usually within six hours after the local anesthetic wears off; after that your need for medicine should lessen. If you find you are taking large amounts of pain medicine at frequent intervals, please call our office. If you anticipate needing more prescription medication for the weekend, you must call for a refill during weekday business hours. Start the pain medication immediately after surgery but after you eat. Start the antibiotics if prescribed, 6 hours after surgery. Please follow instructions for medications given to you by the Pharmacy. Nausea can be reduced by preceding each pain pill with a small amount of soft food, and taking the pill with a large volume of water. Try to keep taking clear fluids and minimize dosing of pain medications, but call us if you do not feel better.

DIET: Eat any nourishing food that can be taken with comfort. Avoid extremely hot foods. Do not use a straw for the first week after surgery. It is sometimes advisable, but not absolutely required, to confine the first four days of intake to liquids or pureed foods (soups, puddings, yogurt, milk shakes, etc.). It is best to avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the socket areas. After day four you may gradually progress to solid foods. It is important not to skip meals! If you take nourishment regularly you will feel better, gain strength, have less discomfort and heal faster. In addition, you should drink water after any food intake (even juice) to help washout any food debris or sugar from the mouth. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

SHARP EDGES: If you feel something hard or sharp edges in the surgical areas, it is likely you are feeling the bony walls which once supported the extracted teeth. Occasionally small slivers of bone may work themselves out during the following week or so. If they cause concern or discomfort, please call the office.

INSTRUCTIONS FOR THE SECOND AND THIRD DAYS

MOUTH RINSES: Keeping your mouth clean after surgery is essential. Use the Peridex rinse that was prescribed to you following the directions on the bottle starting the day after surgery. Only use the Peridex for 5-7 days. An irrigating syringe was provided to you start using it the third day after surgery to keep extraction sites clear of food (The video shown to your escort states seven days please disregard and start irrigation on day three). This syringe should be used after any meal, snack or drink. A hole may develop or remain in the extraction site and remain for 3-6 weeks. It is important to place the syringe into the hole to flush out all food debris on a regular basis.

BRUSHING: Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort.

HOT APPLICATIONS: After the first 48 hours, you may apply warm compresses to the skin over the areas of swelling (hot water bottle, hot moist towels, heating pad) for 20 minutes on and 20 minutes off to help soothe tender areas. This will also help decrease swelling and stiffness. The heat will also help resolve bruising more quickly.

HEALING: Normal healing after tooth extraction should be as follows: The first two days after surgery are generally the most uncomfortable and there is usually some swelling. On the fourth day you should be more comfortable and, although likely more swollen, can usually begin a more substantial diet. The remainder of the post-operative course should be gradual, steady improvement. If you noticed increasing pain after day 3 of surgery or if you don't see continued improvement, please call our office.



It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office where you had surgery. A 24-hour answering service is available to contact the doctor on call after hours. Calling during office hours will afford a faster response to your question or concern.

PLEASE NOTE: telephone calls for prescription renewal are ONLY accepted during office hours.

We wish you a quick and speedy recovery ☺

Sincerely,
The Adara Surgical Institute Team