



## EXTRACTION POST OPERATIVE INSTRUCTIONS

### **BLEEDING AND OOZING:**

A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness in the saliva is common. To stop bleeding, bite firmly on the gauze pad placed over the surgical area for half an hour. Once bleeding is minimal, you may remove the gauze. For the first 5 days after surgery, avoid spitting or drinking with a straw. It is imperative not to smoke for 5–7 days after surgery. Smoking will increase your pain and delay healing. It is difficult to control pain caused by wound damage due to the use of tobacco products.

### **PAIN:**

Discomfort is common after surgery. You will usually have a prescription for pain medication.

The effects of pain medications vary among patients.

For minimal pain, take Ibuprofen and Tylenol. You may alternate these two medications every 3 hours, but each medication is taken 6 hours apart. Start the pain medication before the numbing wears off. Do not take any of the above medications if you are allergic or have been instructed by your doctor not to do so.

**If you are an adult (Weighing >70KG)**

**PLEASE DO NOT EXCEED 3200 MG OF IBUPROFEN DAILY.**

**PLEASE DO NOT EXCEED 3000 MG OF ACETAMINOPHEN DAILY.**

For severe pain, the prescribed medication should be taken as directed. Do not drive an automobile or work around machinery.

Pain or discomfort following surgery should subside more and more every day. If pain persists, it may require attention, and you should contact our office.

**NAUSEA:** Nausea can be reduced by preceding each pain pill with food and 12-18 oz. of water. Classic Coca-Cola or other carbonated drinks may also help with nausea. If you are experiencing extreme nausea, please call our office.

### **SWELLING:**

Swelling is normal after surgery and can be a cause of post-extraction discomfort. You should apply ice packs to your face over the surgical areas for 20 minutes on and 20 minutes off for the first 24 hours. Ice, ibuprofen, and keeping the surgical site elevated to help minimize swelling.

**DIET:** You may eat as soon as you arrive home, and the gauze can be removed. Your diet is restricted following surgery, but getting plenty of nutrients and keeping your strength up during recovery is essential. Start with a liquid diet, such as milkshakes, soup, and smoothies. Gradually reintroduce soft foods, including but not limited to mashed potatoes, scrambled eggs, and overcooked pasta.

**Please be cautious of hot foods until numbness subsides and sensation returns.**

### **ORAL HYGIENE:**

Beginning the day after surgery, clean your mouth thoroughly after each meal. Avoid vigorous brushing but make every effort to clean your teeth within the bounds of comfort. Gently rinse with the prescribed mouth rinse 2-3 times daily, for one week.

**HOT APPLICATIONS:** On day three, you may apply heat to the face, over the areas of swelling. Use warm compresses 20 minutes at a time to loosen muscle tightness and decrease stiffness.

The pack can be frozen or heated. Microwave for 10 seconds at a time and make sure you monitor warming (overheating can cause it to pop).

**HEALING:** The first two to three days after surgery are generally the most uncomfortable with possible swelling. You should be more comfortable on the third or fourth day with less swelling and the ability to eat more comfortably. You should see gradual and steady improvement during the remainder of your recovery. If you don't see continued improvement, please call our office.

### **THINGS TO KNOW:**

**EXERCISE CARE:** For the first week, do not engage in physical activity. Please refrain from strenuous physical activity for 1-2 weeks after surgery. If engaging in sports, be cautious of trauma to your face.

**SUTURES:** If sutures were placed, they will dissolve approximately one week after surgery but may naturally come out sooner.

**FOLLOW UP:** 1 week post op call with surgical assistant.



### IRRIGATION INSTRUCTIONS

1. With the plunger pressed all the way down into the syringe, place the tip of the syringe in a **clean** cup containing regular water or saline water (1/8<sup>th</sup> tsp salt to 8oz warm water)
2. While standing in front of a mirror or with the assistance of another person, open your mouth and pull your cheek out with your finger, a toothbrush, or a tongue depressor. Pulling the cheek outwards will allow you to see the extraction site and may open the incision up a bit to facilitate insertion of the syringe.
3. Advance the tip of the syringe **just inside the socket** and flush it with the water in the syringe.
4. Rinse and repeat until fluid comes out clear.
5. Sockets should be irrigated at least **twice daily**, preferably after meals, until sockets have fully healed. In some cases, **this may take several weeks**.

### NOTES

- Do **not** start irrigating **earlier than day 5-7** after your surgery unless instructed to do so by your surgeon.
- It is not uncommon for a small amount of **bleeding** to occur when first irrigating. Biting on gauze for a few minutes after irrigating generally stops any minor bleeding.
- Keep your syringe in a clean place, ideally with your toothpaste and other oral hygiene products.



If you have any questions or concerns before then, please don't hesitate to call us at **(425) 332-5333**.