

## POSTOPERATIVE INSTRUCTIONS

- 1). A responsible adult should remain with you today if you had IV (general) anesthesia. Rest quietly for the remainder of the day and do not make decisions until fully recovered. Do not drive for 24 hours or while taking narcotic or similar prescription pain medication. Avoid heavy physical activity for the first 24 hours.
- 2). **PAIN** in varying amounts is to be expected after oral surgery. The more extensive the surgery the greater the discomfort. There is generally gradual improvement after the fourth day, but the surgical site may have some tenderness for 1-2 weeks. If 3-5 days after your extraction you develop persistent throbbing pain the jaw, ear or have a bad taste from the socket, you may have a dry socket. Retract the cheek until you see the opening in the socket and with the supplied syringe using warm salt water irrigate the socket. If you received a syringe with clove oil gel you may insert the syringe tip just inside the socket and inject the socket full. This should provide additional relief. If you should need assistance please call our office for evaluation and possible placement of additional medicine into the socket.
- 3). **MEDICATIONS:** Antibiotics – if prescribed, take as directed until all have been taken. Pain medication – analgesics such as Acetaminophen (TYLENOL) or Ibuprofen (MOTRIN) taken as the primary pain medicine usually works best. These may take 30-45 minutes to reach full effect, so if you take the first pill prior to the local anesthetic wearing off you will be able to manage your discomfort better. You may have also been given additional prescribed pain medication to stay ahead of the pain. This medicine may be taken along with the acetaminophen or ibuprofen for enhanced pain relief.
- 4). **SWELLING** and jaw stiffness in moderate amounts is common after oral surgery. It usually peaks in 24-48 hours with gradual resolution. Swelling may be decreased by wrapping an ice pack in a towel and applying it to the surgical site. The ice pack should be applied in a cycle of twenty minutes on and twenty minutes off for the first 12-24 hours. After 24 hours moist heat may provide additional assistance with swelling resolution. If you have been prescribed medicine for swelling control take as directed.
- 5). **BLEEDING** should not be severe. You should place gauze directly over the surgical site and bite firmly for at least one hour. Once the bleeding has stopped you may remove the gauze. If bleeding is prolonged or severe, try placing a wet tea bag inside a moist gauze and apply gentle pressure to the surgical site for 30 minutes (the tannic acid in the tea helps stop bleeding). Try keeping the head elevated and do not rinse the day of surgery. Do not drink from a straw for at least one week. **You should not smoke for at least 48 hours**, preferably longer, as smoking delays healing and is the #1 cause of dry sockets. Discoloration or bruising of the face and neck are not uncommon and will resolve over several days.

- 6). **NAUSEA** may be caused by some anesthetic agents or prescribed pain medicines. Nausea may be reduced by taking the medication with a small amount of food and drinking ample water. If nausea persists, try fasting for several hours and begin with small amounts of clear liquids. You may also call our office and medicine can be prescribed.
- 7). **DIET:** If you had IV sedation maintain a light diet for several hours (soup, jell-o, etc.) then progress to a more solid diet when the local anesthetic subsides or as tolerated. Eat soft foods to avoid injury to the surgical site.
- 8). **ORAL HYGIENE** is important for healing. **Do Not** rinse the day of surgery. Start rinsing gently the next morning several times per day, particularly after meals with warm salt water (1 tsp. salt/small glass warm water). If a syringe was given to you start using the fourth (4<sup>th</sup>) post operative day by placing the tip of the syringe at the top of the socket and gently irrigating with warm salt water to remove any food. Using hydrogen peroxide (50/50 with water), rinse twice daily in addition to the salt water rinse, the hydrogen peroxide will be beneficial in the healing of your extraction site. Brush your teeth per your normal routine, but be gentle adjacent to the extraction sites.
- 9). **BONE CHIPS:** Occasionally, socket walls are prominent or irregular and can be felt through the gum. Bone chips may work loose and come through the gums. If they bother you, please call our office and they can be evaluated and easily removed.
- 10). **IMMEDIATE DENTURES:** If an immediate denture was placed after extractions you will need to leave the denture in place for the first 24 hours. Thereafter, you should only remove the denture to clean then reinsert immediately for the first several days. Your dentist will give you a schedule for adjustment visits.
- 11). **IMPLANTS:** If you had implants placed, be careful about chewing on the implant sites as this may destabilize the implants. It is important that the implant(s) remain undisturbed during the healing phase. Implant(s) should be cleaned daily with hydrogen peroxide using a q-tip making sure the implant(s) stay shiny.

If any of the following occur, call our office immediately: severe bleeding, high fever (greater than 101\*) excessive swelling with difficulty swallowing or breathing or persistent vomiting. If you have any questions, please call the office so we might be of assistance to you.

**Our office number is 770-973-1738**