



Oral Surgery Extraction or Tooth Removal

General Tips

- 1- Pressure should be placed on the gauze pad that has been put over the extraction site for one hour. If the bleeding continues new gauze should be placed and pressure applied for another 45 minutes.
- 2- If you are supervising children who have had an extraction done, make sure they don't bite on their numb lips or tongue (it can cause serious injury to their soft tissue).
- 3- Avoid eating or drinking anything hot on the day of your extraction. Also, do not rinse your mouth and do not use a straw for drinking. Do not spit and do not drink carbonated beverages. Do not brush on the day of the surgery; you can gently resume your brushing and flossing the day after.
- 4- You may experience pain, bruising around your lips, and/or some swelling, especially after extraction of impacted wisdom teeth. Ice bag application and medication prescribed for you will help to minimize your discomfort. Place an icepack for 15 minutes, and then take off for 15 minutes.
- 5- Please take all the medication you have received based on the provided instructions.
- 6- During the first 2-3 days after surgery a diet of soft food and liquids is recommended (soup, yogurt, milkshakes and juice).
- 7- For more complex surgical procedures, including Impacted Wisdom Tooth Extraction, Implant Surgical Procedures. For various surgical treatments there will be some unique directions, which will be supplied to you at the time of your treatment.
- 8- Call our office if you experience excessive bleeding, severe pain or swelling, or if you have any questions or concerns. In case of serious emergencies call 911.
- 9- Do not sleep with Gauze in mouth.
- 10- DO NOT touch the area with your fingers as you can introduce bacteria that cause post-operative infection to the surgical site.
- 11- For moderate pain take 400mg of Ibuprofen/Advil every 4 hours or Two Tablets of 225 mg Naproxen Sodium/Aleve every 8 hours. For more severe pain take narcotic prescription as directed.

More Information

Post-operative care is very important. Unnecessary pain and the complications of infection and swelling can be minimized if the instructions are followed carefully. Oral surgery is not an exact science and oral surgery can result in post-operative infections and pain. The chance of infection is greatly increased when post operative instructions are not followed.

Bleeding

A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon. Excessive bleeding may be controlled by wiping any old clots from your mouth, then placing a gauze pad over the area and biting firmly for thirty minutes. Repeat if necessary. If bleeding continues, bite on a moistened, squeeze dried tea bag for sixty minutes, repeat as necessary. The tannic acid in the dry tea bag helps to form a clot by contracting bleeding vessels. To minimize further bleeding, do not become excited, sit upright, and avoid exercise. If bleeding does not subside, call for further instructions. Do not sleep with gauze in mouth.

Swelling

The swelling that is normally expected is usually proportional to the surgery involved. Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. This is the body's normal reaction to surgery and eventual repair. The swelling will not become apparent until the day following surgery and will not reach its maximum until 2-3 days post-operatively. However, the swelling may be minimized by the immediate use of ice packs. Two baggies filled with ice, or ice packs should be applied to the sides of the face where surgery was performed. The ice packs should be left on continuously while you are awake.

After 24 hours, ice has no beneficial effect. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery. Thirty-six hours following surgery, the application of moist heat to the sides of the face is beneficial in reducing the size of the swelling

Pain

For moderate pain -Advil 200 mg, 2 pills every 4-6 hours or Aleve (Naproxen Sodium) 225mg, 2 pills every 8-12 hours. For severe pain, take the narcotic prescribed as directed. The narcotic pain medicine will make you groggy and will slow down your reflexes. Do not drive an automobile or work around machinery. Avoid alcoholic beverages. Pain or discomfort following surgery should subside more and more every day. If pain persists, it may require attention and you should call the office.

Diet

After general anesthetic or I.V. sedation, liquids should be initially taken we recommend any sports drink once the numbness wears off. Once the numbness wears off do not use straws. Drink from a glass. The sucking motion can cause more bleeding by dislodging the blood clot. You may eat anything soft by chewing away from the surgical sites. High calorie, high protein intake is very important. Refer to the section on suggested diet instructions at the end of the brochure.

Nourishment should be taken regularly. You should prevent dehydration by taking fluids regularly.

Your food intake will be limited for the first few days. You should compensate for this by increasing your fluid intake. At least 5-6 glasses of liquid should be taken daily. Try not to miss a single meal. You will feel better, have more strength, less discomfort and heal faster if you continue to eat. Caution: If you suddenly sit up or stand from a lying position you may become dizzy. If you are lying down following surgery, make sure you sit for one minute before standing.

Keep the mouth clean

No rinsing or spitting of any kind should be performed until the day following surgery. You can brush your teeth the night of surgery.

Discoloration

In some cases, discoloration of the skin follows swelling. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal post-operative occurrence, which may occur 2-3 days post-operatively. Moist heat applied to the area may speed up the removal of the discoloration.

Antibiotics

If you have been placed on antibiotics, take the tablets or liquid as directed. Antibiotics will be given to help prevent infection. Discontinue antibiotic use in the event of a rash or other unfavorable reaction. Call the office if you have any questions.

Nausea and Vomiting

In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour including the prescribed medicine. You should then sip on coke, tea or ginger ale. You should sip slowly over a fifteen-minute period. When the nausea subsides, you can begin taking solid foods and the prescribed medicine but stop the narcotic pain medication.

Other Issues

If numbness of the lip, chin, or tongue occurs there is no cause for alarm. As stated before surgery, this is usually temporary in nature. You should be aware that if your lip or tongue is numb, you could bite it and not feel the sensation. So be careful. Call our office if you have any questions.

Slight elevation of temperature immediately following surgery is not uncommon. If the temperature persists, notify the office. Tylenol or ibuprofen should be taken to reduce the fever. You should be careful going from the lying down position to standing. You were not able to eat or drink prior to surgery. It was also difficult to take fluids. Taking pain medications can make you dizzy. You could get light headed when you stand up suddenly. Before standing up, you should sit for one minute then get up.

Occasionally, patients may feel hard projections in the mouth with their tongue. They are not roots; they are the bony walls which supported the tooth. These projections usually smooth out spontaneously.

If the corners of your mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment such as Vaseline.

Sore throats and pain when swallowing are not uncommon. The muscles get swollen. The normal act of swallowing can then become painful. This will subside in 2-3 days.

Stiffness (Trismus) of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event which will resolve in time.

There will be a hole where the tooth was removed. The hole will gradually fill in over the next months with the new tissue. In the meantime, the area should be kept clean especially after meals with salt water rinses or a toothbrush.

Your case is individual; no two mouths are alike. Do not accept well intended advice from friends and do not use google as a resource for medical advice.

Discuss your problem with the persons best able to effectively help you: your family dentist.

Brushing your teeth is okay -just be gentle at the surgical sites.

A dry socket is when the blood clot dissolves prematurely from the tooth socket. Symptoms of pain at the surgical site and even pain to the ear may occur 2-3 days following surgery. **Call the office** if this occurs.

If you are involved in regular exercise, be aware that your normal nourishment intake is reduced. Do not lift more than 10 lbs. Exercise may weaken you. If you get light headed, stop exercising.

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