



### POST-OPERATIVE INSTRUCTIONS

#### **BLEEDING:**

Bleeding is to be expected following extractions and other surgical procedures. Place a sterile gauze, folded to about thumb size over the bleeding area. Make sure the gauze is over the extraction site. Bite firmly on the gauze to maintain **gentle pressure for half an hour**. If bleeding has not subsided, use a fresh gauze for an additional half hour. **Repeat as necessary**. Bleeding may last for several hours the first day. If bleeding persists, it usually means the gauze is being clenched between the teeth rather than exerting pressure over the surgery area. If bleeding continues, you may substitute a tea bag (soaked in hot water, squeezed dry and wrapped in moist gauze) for 30 min. If still not controlled, call the office or the doctor on call.

#### **DIET:**

Liquids are recommended for the patients who have undergone the removal of teeth under IV Sedation for the remainder of that day. The day following surgery a soft diet is recommended, advancing to your normal diet as tolerated.

#### **SWELLING:**

Following dental procedures, some swelling of the jaw is to be expected. Normally, swelling will reach its peak 48-72 hours following surgery. This swelling will begin to resolve by the 4<sup>th</sup> day. To minimize swelling apply **an ice bag** to the outside of your face for the **first 24 hours following surgery**.

#### **PAIN:**

Moderate to severe pain can be expected following dental surgery and removal of impacted teeth. If you can take NSAIDS, take Ibuprofen 600mg every 6-8 hours (with food) for 48-72 hours after surgery. If you have pain after you have taken the Ibuprofen, we suggest you take Tylenol 500-650mg every 6 hours. As a last resort, you may take the prescription pain medication if needed. A Prescription for pain medication will be given to you. Use this as directed. Do not take pain medications on an empty stomach, as this could cause nausea.

#### **HYGIENE:**

Brush your teeth the evening of surgery, being careful to avoid brushing the areas where sutures were placed. You may also rinse your mouth 2-3 times a day with warm salty water or mouthwash.

#### **DRY SOCKET:**

A "Dry Socket" occurs occasionally following the removal of lower back teeth, especially wisdom teeth. It occurs if the blood-clot in the socket dissolves or is lost prematurely. Smoking, drinking through straws and poor hygiene greatly increase your risk of having a dry socket. Symptoms include a throbbing or earache-like pain that occurs 3-4 days after extractions. If you suspect you have a dry socket, contact our office for treatment.

#### **DO'S**

1. **DO** Take medications only as directed. If an antibiotic is prescribed, finish the prescription as directed.
2. **DO** Elevate your head on 2-3 pillows while sleeping.
3. **DO** Call or text our office if you are having any problems or if you have any questions.

#### **DON'T'S**

4. **DO NOT** smoke after oral surgery, this will increase bleeding and increase the risk of a "dry socket".
5. **DO NOT** drink through a straw, as this may cause the same problems as smoking.
6. **DO NOT** blow your nose vigorously or sneeze with your nostrils pinched. This applies only to those who have had upper back teeth extracted.
7. **DO NOT** operate an automobile or any dangerous machinery for at least 24 hours or until fully recovered if you have been "put to sleep"



### Frequently Asked Questions After Extractions

#### **Who do I call if I have a question?**

- The best way to contact us is by text messaging 706-884-2655. For urgent matters, please call that same number.

#### **What about stitches?**

- Sutures typically dissolve in 3-10 days
- Some sutures dissolve or dislodge early due to thin tissue; no cause for alarm, simply remove the suture from your mouth and discard

#### **Will I feel nauseated or dizzy?**

- Nausea is not uncommon after any type of anesthesia. Typically, nausea from anesthesia will subside within 24 hours.
- Dizziness may also occur due to the effects of anesthesia
- Before standing suddenly, you should sit for a moment and get up slowly to avoid dizziness
- Be sure to take your pain medicine with food or try taking half if it makes you sick

#### **Why is there a hole?**

- After removal, complete closure of the socket is not the goal. The mouth has remarkable healing potential and the socket will close and heal over time.
- An extraction site heals secondarily, meaning it heals from the bottom up with the tissue closing over the top weeks after surgery
- It's important to use either warm salt water or the rinse prescribed to you to keep these areas clean

#### **How long will I be numb?**

- Long acting numbing medication is given to keep you comfortable as long as possible, this can last anywhere from 8-12 hrs.
- Sensation should slowly return the evening of surgery
- In some cases numbness may be present the day after surgery; typically this is short term
- You may feel sensations such as tingling/shocking as the nerve is waking up after surgery

#### **How long will I bleed?**

- Expect slight bleeding up to 6-8 hours after procedure
- Once bleeding has stopped you may remove gauze and leave it out, also take it out when eating/drinking
- If bleeding continues after 6 hrs, you may moisten a tea bag and place it directly over the extraction area, bite firmly 15 minutes.

#### **What is the syringe for?**

- This is for Lower extraction sites only.
- Four days after your extractions, begin using the syringe to flush out the extraction sockets. Fill up the syringe with warm salt water or the prescribed mouth rinse and use it after every meal and before bed to keep the sites as clean as possible.
- If the extraction site was bone grafted today you will not receive a syringe.

#### **When should I start using the chlorhexidine mouth rinse?**

- Start using the rinse the night of your surgery and continue using it twice a day for one week. You should swish the mouth rinse around, then lean over and let the mouthwash gently fall into the sink. Do not spit. Do not use the Chlorhexidine for more than two weeks.

#### **When can I use my C-Pap mask again?**

- Please talk to your primary care doctor about discontinuing the use of your CPAP temporarily.
- Holding CPAP four days after surgery will allow the tissue some time to heal and prevent complications.