

Post Treatment Instructions: Multiple and/or Complicated Extractions and Extractions with Sedation

PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY. The after-effects of oral surgery vary per individual and procedure, so not all of these instructions may apply. Please feel free to call our office any time should you have any questions, or are experiencing any unusual symptoms following your treatment.

*** DAY OF SURGERY***

IMMEDIATELY AFTER SURGERY. Patients who received any sedation should return home from the office immediately upon discharge, and lie down with the head elevated until all the effects of the anesthetic have disappeared. Anesthetic effects vary by individual, and you may feel drowsy for a short period of time or for several hours. You should not operate any mechanical equipment or drive a motor vehicle for at least 12 hours or longer if you feel any residual effect from the anesthetic.

1. Do not drive or use appliances or equipment that could be dangerous, such as power tools, stove, burners, lawnmower, and garbage disposals.
2. Watch out for dizziness. Walk slowly and take your time. Sudden changes of position can also cause dizziness and/or nausea.
3. Do not make any important decisions. You may change your mind tomorrow.
4. Do not drink any alcoholic beverages. The drugs in your body may cause your reaction to alcohol to be dangerous.
5. Diet: If you feel nauseated or sick to your stomach, drink clear liquids like 7-UP, broth, apple juice, ginger ale, tea or cola, or eat jello. If these liquids do not make you sick to your stomach, try eating soft foods like potatoes, rice, pasta, and cereal.
6. Discuss any questions you may have with your dentist.

ORAL HYGIENE AND CARE. Do not disturb the surgical area today. **DO NOT** drink with a straw and **DO NOT** rinse or brush your teeth vigorously or probe the area with the tongue, any objects or your fingers. You may brush your teeth gently, carefully avoiding the surgical site. **DO NOT SMOKE** for at least 48 hours, since it is detrimental to the healing process.

The day following surgery start rinsing your mouth with a warm salt water rinse (1/2 tsp. salt with 1 cup water) every 2-3 hours. Continue this for several days, then rinse at least 4-5 times a day for the next 2 weeks. You may start normal toothbrushing the day after the surgery or after bleeding is controlled. It is imperative to keep your mouth clean, since an accumulation of food or debris may promote infection.

BLEEDING. Some bleeding is normal; bite down gently but firmly on the gauze pack that we initially placed over the surgical area, making sure that they remain directly over the surgical area. This is important to allow blood clot formation on the surgical site. The gauze may be repositioned for comfort and may be changed as necessary (every 30 minutes to 1 hour). Bleeding should gradually decrease and blood tinged saliva may be present for 24 hours.

STEADY BLEEDING. Bleeding should not be severe. If bleeding persists, this may be due to the gauze pads being clenched between the teeth rather than exerting pressure on the surgery site. Try repositioning the gauze. If bleeding persists or becomes heavy, substitute a moist tea bag on the area for 20-30 minutes. If bleeding continues, please call our office. **SWELLING OR BRUISING.** Swelling is to be expected, and usually reaches its maximum in 48 hours. To minimize swelling, cold packs or ice bag wrapped in a towel should be applied to the face adjacent to the surgical area. This should be applied 20 minutes on then removed for 20 minutes during the first 12-24 hours after surgery. If you were prescribed medicine for the control of swelling, be sure to take it as directed. After 24 hours, it is usually best to switch from using the cold pack to applying moist heat or heating pad to the same area, until swelling has receded. Bruising may also occur, but should disappear soon. Tightness of the jaw muscles may cause difficulty in opening the mouth. This should disappear within 7 days. Keep lips moist with cream or vaseline to prevent cracking or chapping.

DIET. It is advisable to restrict the first day's food intake to bland liquid or pureed food. (Yogurt, pudding, etc.) Over the next several days, you may progress to soft foods. Avoid small hard foods like nuts, sunflower seeds or popcorn, which may get lodged in the socket areas. Proper nourishment aids in the healing process. If you are a diabetic, maintain your normal diet as much as possible and follow your physician's instructions regarding your insulin schedule.

PAIN AND MEDICATIONS. Unfortunately, most oral surgery is accompanied by some degree of discomfort. Take the pain medication prescribed as directed. The local anesthetic administered with the general anesthetic during your surgery normally has a 3-hour duration, and it may be difficult to control the pain once the anesthetic wears off. We therefore, advise you to take the pain medication immediately after your surgery. If you do not achieve adequate pain relief, you may supplement each pill with an analgesic such as acetaminophen. Taking the pain medication with soft food and a large volume of water will lessen any side effects of nausea or stomach upset. If you were prescribed an antibiotic and are currently taking oral contraceptives, you should use an alternate method of birth control for the remainder of this cycle.

ORTHODONTIC APPLIANCES. If you wear orthodontic appliances, replace them immediately after surgery unless otherwise instructed. If these appliances are left out of the mouth for any length of time, it

is often difficult or impossible to reinsert them.

INSTRUCTIONS FOR THE FOLLOWING DAYS

ORAL HYGIENE. Keeping your mouth clean after oral surgery is essential. Keep using warm salt water rinses to rinse your mouth at least 4-5 times a day for the next two weeks. Begin your normal toothbrushing routine as soon as possible after surgery. Soreness and swelling may prevent rigorous brushing of all areas, but make every effort to clean your teeth within your comfort level. **CARE OF SURGICAL AREA.** Starting the day following surgery, apply warm compresses to the skin overlying areas of swelling for 20 minutes on and 20 minutes off to help soothe these tender areas. This will also aid in reducing swelling and stiffness.

OTHER POSSIBLE POST-SURGERY EFFECTS

DRY SOCKETS. The blood clot on the surgical site may be lost causing a dry socket (usually on the 3rd to 5th day). There will be a noticeable, distinct, persistent pain in the jaw area, often radiating toward the ear and forward along the jaw which may cause other teeth to ache. If you do not see steady improvement during the first few days after surgery or if severe pain persists, please call the office to report these symptoms. **SKIN DISCOLORATION.** This may be expected, and is usually limited to the neck or cheek area near the surgical site. This is caused by bleeding through the mucous membranes of the mouth beneath the skin and appears as a bruise. If discoloration occurs, it often takes a week for this to completely disappear. Occasionally, the arm or hand near the site where the needle was placed to administer IV drugs may remain inflamed and tender. This is caused by chemical irritation in the vein. The prescribed pain relievers and application of heat on the area will usually correct these symptoms.

NUMBNESS. Loss of sensation of the lip and chin may occur, usually following lower wisdom teeth removal. This is usually temporary and disappears within a few days or weeks. Occasionally, some numbness may persist for months, due to the close association of the roots of the teeth to the nerve that supplies sensation to these areas described.

It is our desire that your recovery be as smooth and pleasant as possible. If you have any questions about your progress or any symptoms you are experiencing, please call our office. After office hours, you may call our 24-hour answering service and our doctor will contact you as soon as possible.