



antigoDENTALclinic

*"Your smile is important to us"*

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### Extraction Post-Operative Instructions

To insure rapid healing and to avoid complications that could be both harmful and painful to you, please follow these instructions carefully.

**Bleeding:** To prevent unnecessary bleeding bite on gauze placed over the surgical site. You have been given a supply of gauze pads. If more are required, they are readily available in drug stores. A tea bag, which has been moistened and wrapped in a piece of gauze, is also effective. This procedure should be continued for 2-3 hrs or until most of the bleeding has stopped. It is not unusual to have some slight oozing for up to 24 hrs. Rest today and keep your head slightly elevated. Do not engage in extensive physical activity since this promotes bleeding. Do not spit, as this will create suction and cause bleeding to continue. If excessive bleeding continues after 4 hrs, please call our office.

**Pain:** Some degree of pain is expected following surgery. If you have been prescribed or advised over-the-counter pain medication, follow the instructions and take as soon as possible before the anesthetic has worn off. Take your medicine with food to prevent stomach upset. No alcohol for at least 24 hrs following an extraction or while taking a pain medication. Do not drive an automobile after taking any prescribed pain medication. If medication is not prescribed, take 600mg of Ibuprofen. Tylenol is a substitute, although it does not contain anti-inflammatory properties.

**Eating:** It is important to get adequate nutrition after surgery to help the healing process. You may want to start with fruit juices and progress to a soft diet. Do not eat or drink any hot liquids until the anesthetic has completely worn off. Begin chewing foods when you are able to do so without it hurting.

**Oral hygiene:** Do not rinse for the first 24 hrs, since this will contribute to clot dislodgement and dry sockets. After 24 hrs, rinse with warm salt water (1/2 tsp table salt in 8oz of water) every few hours. It is important to brush your teeth, yet you may need to be gentle in the area of the extraction.

**Ice Pack:** Swelling, discoloration and stiffness of the jaw may be normal postoperative events. Do not be alarmed by these. To help prevent swelling, ice packs should be applied on the sides of your face adjacent to surgical sites. The pack should be applied for 15 min and then removed for 15 minutes.

**Dry Sockets:** A dry socket is when the blood clot does not form properly. The symptoms usually occur during the first 3-7 days postoperatively. To avoid a dry socket DO NOT spit, suck or rinse vigorously. **DO NOT SMOKE.** Refrain from smoking for at least 48 hrs- it is the leading cause of dry sockets. The symptoms associated with a dry socket are constant moderate to severe pain, bad taste, putrid odor and poor clot formation at the surgical site. If you think you have a dry socket call our office immediately.

**Additional Information and possible complications:** Sometimes patients develop such things as allergies to medications (generalize rash, itching, etc.) infections (foul taste, unusual or prolonged swelling) or dry sockets (throbbing pain occurring 3-7 days following the procedure. These and other potential problems are treatable if brought to our attention. Antigo Dental Clinic: 715.627.4391, Dr. Meghan O'Brien: 715.623.4249, Hospital: 715.623.2331

**The following conditions may occur and are considered normal:** a slight earache, sore throat, numbness of the mouth on the side from which the tooth was removed. This numbness is called "paresthesia" and is most often a temporary condition, which will usually correct itself. Your other teeth may ache temporarily. If the corners of your mouth were stretched, they may dry and crack. Your lips should be kept moist with a creme or ointment such as Vaseline or chapstick. There may be a slight temperature elevation for 24-48 hrs. If fever continues, notify our office. If sutures (stiches) were used to close the surgical wound, you may need to return in 1 week to have these removed. Occasionally a small bony fragment may work up through the gum tissue during healing. Do not be alarmed, this is not unusual but if it becomes painful contact our office.