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Post-Operative Instructions

Anesthetics: The length of time you experience numbness varies depending on the type of anesthetic you have received. While your mouth is numb, be careful not to bite your cheek, lip, or tongue. The numbness from the anesthetic should subside within a few hours. Drowsiness may persist for several hours following sedation; this is normal. Be aware that pain control prescriptions also cause drowsiness. If you are drowsy, **DO NOT** operate any vehicle, device, or machinery.

Bleeding: Your dentist will place a gauze pack in the extraction site to limit bleeding and confine the blood while clotting takes place. Remain biting on the gauze pad in your mouth for forty-five (45) minutes. Change the pad every forty-five (45) minutes until the bleeding stops. **Maintain firm biting pressure for forty-five (45) minutes.** If the pad becomes soaked, replace it with a clean one as necessary. **DO NOT** lie down until the bleeding has stopped. Lie down with the head elevated on three pillows. Blood streaked saliva may persist for a day or more; this is normal. If bleeding is excessive during the night and you are concerned, please call the office. **(Remember that a lot of saliva and a little blood can LOOK like a lot of blood). A little bit of blood is normal, as long as it is not ACTIVELY bleeding out of the socket you can leave the gauze out.**

Swelling: Facial swelling is normal following most extractions. You can help reduce swelling and pain by applying cold compresses to the face for twenty minutes on and twenty minutes off for the first 24-48 hours. Sit with your head elevated and sleep with 2-3 pillows. Swelling normally increases for 3 days and begins to subside about the fifth day.

Pain: You may take over-the-counter pain reliever as directed by the Oral Surgeon. Avoid taking Tylenol if you are going to be taking Norco as there is Tylenol in Norco. If this does not relieve your discomfort the pain control prescription you were given should be taken as directed. If the medication prescribed does not seem to work for you **DO NOT** increase the dosage. If you have prolonged severe pain, swelling, bleeding, or fever, please call the office.

Rinsing: DO NOT rinse, spit, smoke or suck through a straw for **7 days**. These activities may dislodge the blood clot, start bleeding, and delay healing. Begin brushing thoroughly after meals, the next day. **DO NOT** rinse with any mouthwash until after your post-operative appointment.

Oral Hygiene: You may resume brushing your teeth using care in the surgical areas the morning following surgery. Use a soft bristled brush so that you do not injure the tissues in your mouth. The tongue should be brushed to help eliminate bad breath and the unpleasant taste that is common after an extraction.

Diet: A good diet is essential following surgery. Initially, liquid/puree foods that are high in nutritional value are recommended for one week. Return to a normal diet as soon as possible. Stay with cool or lukewarm foods. **DO NOT** suck fluids through a straw. Yogurt with active cultures or over the counter probiotics may be beneficial while on antibiotics.

Other Possible Side Effects: There may be a slight elevation of temperature for 24-48 hours. If the corners of your mouth are stretched, they may dry and crack – keep the area moist with cream or ointment such as Vaseline or Neosporin. Your other teeth may ache temporarily (sympathetic pain).

Emergency: If you feel like you have an emergency, please **come to our office** if it is during office hours, after hours you can **call the office** to be transferred to the on-call doctor or if you are unable to contact a doctor please go the nearest hospital emergency room for treatment.

Advisory: If you are undergoing surgery using **GENERAL ANESTHESIA**, it is strongly advised you have **ADULT SUPERVISION** for a minimum of **24 hours**.

**Please make sure to call if you feel you need a post op appointment after the procedure.
Thank you.**