

ANESTHETICS:

You will experience numbness for a variable length of time following the surgery. While your mouth is numb, you will want to be careful not to bite your cheek, lip, or tongue. Eating is a cause of this, so refrain from eating solid foods until feeling has returned. The numbness should subside within 2-8 hours.

- Nausea and/or vomiting may occur in the immediate postoperative period. If a fever, difficulty in breathing, excessive bleeding, or any disturbing problem should develop after leaving the office, you should call the office immediately. Parents or guardians of children should observe the child continuously upon return home and call the doctor immediately if any of these problems should develop.
- The patient should be observed upon return home for a minimum of 24 hours.
- If anything other than local anesthesia was used, you should not drive or operate machinery for 24 hours. Limit activity requiring full concentration power; that is, making important personal or business decisions, since full mental alertness may not return for several hours.

BLEEDING:

There may be some bleeding or oozing after the extraction for up to 24-48 hours. Discoloration of your saliva is common. Physical activity will increase your heart rate, pumping more blood to the extraction site. This will cause additional bleeding. We recommend no physical activity the day of the surgery, and only light activity the next day.

1. After your teeth were removed, a gauze compress was placed on the wound and you were asked to keep your jaws closed firmly for approximately one hour. This was to help stop bleeding. Discard the compress after one hour.
2. Should the bleeding continue, fold a piece of clean gauze into a pad thick enough to bite on. Dampen the pad and place it directly on the extraction site. Apply moderate pressure by closing the teeth firmly over this pad. Maintain this pressure for about 30 minutes. If the pad becomes soaked, replace it with a clean one as necessary. This may have to be repeated 3-4 times or more. **REMEMBER - THE GAUZE MUST BE PLACED ON THE BLEEDING EXTRACTION SITE.**
3. It helps to stop bleeding if you will lie down, with your head raised on several pillows, and apply an ice bag or cold compress to the cheek on that side.
4. Additional measures could include utilizing a moist tea bag in the standard form, placing this over the extraction site and biting firmly as indicated above. The tannic acid in the tea will help with clotting. If "heavy" bleeding continues, phone the office. Remember, though, a lot of saliva and a little blood can look like a lot of bleeding.

SWELLING:

Swelling to some extent follows nearly every tooth extraction. This is our body's way of beginning the healing process. After removal of impacted teeth or trimming of bone, swelling is often quite severe. An ice bag applied intermittently for up to 24 hours may help to reduce the swelling. After the 24 hours it is important to apply some form of **heat** to the affected area, such as a hot water bottle, a heating pad, or moist hot wash clothes. This is to stimulate circulation to the area which will aid in the healing process. Swelling will usually reach a maximum in 3-8 hours and persist for 72 hours or longer before it slowly begins to disappear.

RINSING:

DO NOT RINSE THE MOUTH FOR 24 HOURS following the surgery. Beginning 24 hours after surgery, rinse the mouth gently using a glass of lukewarm water in which 1 teaspoon of salt has been dissolved. Do not spit the water out for at least the first 48 hours, but open over a sink and let the water fall out. Spitting can dislodge any blood clots that have formed, starting the bleeding again. Continue this 4-5 times a day for at least 5 days. As soon as possible, brush your teeth gently, but avoid firm contact of the bristles with the tissue at the extraction site.

DIET:

You may drink liquids but do not swish the fluid in the mouth, just swallow. However, we encourage you to drink lots of liquids and eat soft, nutritious foods. Avoid alcoholic beverages and hot liquids. You may eat what is comfortable, but avoid peanuts, popcorn, crackers, chips, and other sharp and small foods. Avoid spitting, using straws for liquids, and smoking for at least 48 hours following the surgery. You will feel better, have more strength, less discomfort and heal faster if you rest, continue to eat well and take lots of fluids following surgery. Avoid acidic foods such as tomatoes, orange juice and citrus fruits.

STITCHES:

Often, small stitches have been placed to control bleeding and encourage healing. In most cases these are dissolvable and will disappear/fall out on their own and you will not need a follow-up appointment to remove them. If you were told differently, these stitches will be removed at your next post-operative appointment.

MEDICATION:

You have been provided with a prescription or prescriptions for the relief of pain and control or prevention of infection. These should be taken as prescribed and directed. There will, however, be a period of 24-48 hours following surgery that may be extremely uncomfortable, even while taking pain medication. You may be instructed to take Ibuprofen or Extra Strength Tylenol intermittently between your pain medication doses to assist with this.

NOTE: IF YOU ARE TAKING BIRTH CONTROL PILLS AND ARE PRESCRIBED ANTIBIOTICS, STUDIES HAVE SHOWN THAT ANTIBIOTICS CAN DECREASE THE EFFECTIVENESS OF BIRTH CONTROL PILLS FOR UP TO 30 DAYS.

WHAT TO EXPECT FOLLOWING SURGERY:

- After a tooth is removed, you likely will have some discomfort and notice some swelling.
- Stiffness of the jaw is nature's way of protecting and resting the part that needs repair. This usually relaxes about the fourth day but may persist up to 7-10 days.
- Black and blue marks or discoloration on the face may occur. They will gradually disappear in 10 to 14 days.
- Temperature of the patient may run as high as 101 degrees F for the first 12-24 hours following surgery. If this becomes persistent or increases beyond 101 degrees F, please call the office.
- Bleeding. As indicated above, some oozing will continue for 24 hours, or longer, and cause discoloration of your saliva. This is normal, so do not be alarmed.

Use our recommendations above to relieve/stop these side effects.

- ❖ If you received a bone graft, many times there are small pieces that will come out that feel like sand, and the area around the graft can also feel large and hard. These are normal and should not cause worry. Too much bone will not come out and the hardness/largeness of the area will subside.