

POST OPERATIVE INSTRUCTIONS FOR SURGICAL EXTRACTIONS

GAUZE SQUARES AND BLEEDING

A small amount of bleeding is normal and usually stops within a few hours. It is not uncommon to see some oozing and discoloration of saliva for 24-48 hours. Following your oral surgery, gauze pressure packs may have been placed over the area of surgery and you were asked to bite down. This applies pressure to the area and has 3ens control of bleeding. The original gauze should remain in place for at least 30 minutes before being removed. Continued bleeding will require replacement of gauze from pack. Make sure the gauze is placed over the extraction site, not between teeth. This and subsequent packs (if necessary) should remain in place for at least 30 minutes each. Persistent or vigorous bleeding warrants a phone call for additional instruction.

STITCHES

If non-dissolving stitches were placed during surgery (generally black in color), they will need to be removed in 1 week. Dissolving stitches (generally yellow or tan in color), last 2 to 10 days and will fall out on their own. If a single stitch comes out prematurely, it does not cause unnecessary problems.

PAIN

A variable amount of discomfort is expected with oral surgery. Mild pain can be relieved with Tylenol or Ibuprofen, taken as directed by the manufacturer. If more severe pain is anticipated, prescription will be provided. Generally, a prescription should be filled and the first dose taken before the local anesthetic wears off (2-3 hours). Severe pain that persists for more than 3 to 4 days or pain that increases in intensity after 3 to 4 days may be due to a "dry socket." In such cases, call the office for an appointment.

ACTIVITY

Take it easy! You have just had a surgical procedure and this requires reduced activity to allow healing. You may feel fine immediately after the surgery, but when the local anesthetic wears off you will experience discomfort. Resume your activities once you start to feel better. If you were sedated during the procedure or if you are taking prescribed pain medications, you may be sleepy and your reflexes may be impaired. You must avoid driving and working with dangerous equipment. Sedated patient must not be left alone after surgery.

SWELLING

You may experience swelling after an extraction. To reduce the amount of swelling, your doctor may recommend the use of an ice pack. If recommended, this should begin immediately after the surgery. The ice pack should be applied 20 minutes, removed for 10 minutes, reapplied for 20 minutes, etc. The ice should be continued in a similar manner the next morning until 24 hours after the surgery then discontinued. Heat should not be applied for more than 20 minutes 3 times a day. Black and blue marks may appear on the face. They will gradually disappear in 7-10 days. There may be some tightening of the jaw muscles which is normal and will relax in a few days.

DIET

Good nutrition is important following oral surgery and the nature of your diet will depend on the extent of your surgery. Generally, a liquid or soft, no-chew diet is recommended for the first 2-3 days.

NAUSEA OR VOMITING

This is most often caused by narcotic pain medications. If the nausea is mild, continue taking the medication as prescribed. If severe, discontinue the medication. If nausea or vomiting persists call us at (773) 777-1111. Delay eating until the vomiting ceases. Start with clear liquids (water, 7-Up, apple juice, etc.). Progress to "full liquids" (milk, soups, orange juice, broth, etc.) and a soft chew diet as tolerated.

ORAL HYGIENE

Rinsing should be done in a slow and gentle manner to avoid disrupting the newly formed blood clot. Splitting and vigorous swishing are to be avoided. Brushing can be done in areas remote from the extraction sites the day following the surgery. Gently brushing with a soft brush may be started in the extraction area after 3 to 4 days.

MEDICATIONS

For minor procedures, a non-prescription pain medication is preferred. Ibuprofen, Advil, Nuprin, and Motrin are good medications post extraction. Adults may take up to 400 mg every 4 to 6 hours. Tylenol and Aspirin are also very effective. Prescription pain medications may have a narcotic derivative. Although effective for pain relief, side effects include dizziness, nausea, vomiting, anxiety, constipation, etc. DO NOT drive or operate dangerous machinery while taking these medications. Narcotic medications should not be taken on an empty stomach.

ANTIBIOTICS

Most procedures do not require antibiotic coverage. Antibiotics may be prescribed for infections, heart murmur, prosthetic heart valves, or prosthetic joints (knees, hips, etc.). Antibiotics may render birth control pills less effective. Other precautions to avoid pregnancy are necessary while using the birth control pill and antibiotics. If antibiotics are prescribed, be sure to follow the instruction on usage carefully.

BONE CHIPS

Occasionally small bony spicules will be presented in extraction sites. This is not unusual. If they are small and asymptomatic, they will usually come out on their own with time. Larger pieces of bone or those that are causing pain may require removal.

IN CASE OF EMERGENCY

Please call your doctor on their cell.

Soft Diet Suggestions

Soups	Yogurt	Jello-O/Pudding
Scrambled/Soft boiled eggs	Mashed Potatoes	Pastas
Grits	Applesauce	Fish
Cream of Wheat/Oatmeal	Ice Cream	Pancakes
Cottage Cheese	Canned/Potted Meats	Smoothies/Protein Drinks