

**Post-operative care is very important. You will want to do all the right things for the area to heal quickly and smoothly. Unnecessary pain and the complications of infection and swelling can be minimized if the instructions are followed carefully.**

**BLEEDING** Usually, a gauze pad will be placed on the area, and you should try and keep firm pressure on it. You should change this dressing about every 30 to 45 minutes, depending on the amount of bleeding. A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon. To minimize further bleeding, do not become excited, sit upright, and avoid exercise. If bleeding does not subside, call for further assistance.

**DO NOT RINSE VIGOROUSLY/SPIT FORCEFULLY FOR THE FIRST 24 HOURS** You shouldn't rinse for the first 24 hours, after this initial period you should gently rinse 4 times a day using warm salt water (1 teaspoon of salt in a glass of warm water). Do not spit out forcefully! Rinse after every meal and snack, making sure that the water removes any bits of food around the area where the tooth is missing.

**TAKE IT EASY!** Don't exercise for at least 12 to 24 hours. If you want to lie down, and for the first night following surgery, keep your head up with pillows if possible. Do not bend over or do heavy lifting for 2-3 days.

**SWELLING** The swelling that is normally expected is usually proportional to the surgery involved. Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. The swelling may be minimized by the immediate use of ice packs. The worst swelling, pain and jaw stiffness normally occurs 2 or 3 days after surgery.

**DISCOLORATION** In some cases, discoloration of the skin follows swelling. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal post-operative occurrence, which may occur 2-3 days post-operatively. Moist heat after 36 hours may help jaw soreness.

**PAIN** It is normal for the area to be tender for the first few days. Start taking painkillers mediately afterwards - don't wait until pain sets in! Take the narcotic prescribed as directed. Pain or discomfort following surgery should subside more and more every day.

**DIET** Stick to a liquid or soft, temperate food for the first day or two. Once the numbness wears off do NOT use straws. The sucking motion can cause more bleeding by dislodging the blood clot. Chew away from the surgical sites. Avoid spicy, very hot or very cold foods/drinks to prevent irritation and burns.

**ORAL HYGIENE** Keep the mouth clean! Be careful not to dislodge the blood clot when brushing near the extraction site for 3-4 days. You can carefully wipe the area with a clean, wet gauze pad

**ANTIBIOTICS** If you have been placed on antibiotics, take the tablets or liquid as directed. Antibiotics will be given to help prevent infection. Discontinue antibiotic use in the event of a rash or other unfavorable reaction. Call the office if you have any questions.

**DO NOT SMOKE** Smoking can interfere with the healing process, and also the sucking motion could dislodge the blood clot. This may also increase the risk of pain complications (e.g. Dry Socket).

**DRY SOCKET** This occurs when the blood clot dissolves prematurely from the tooth socket. Symptoms include f pain at the surgical site, sometimes even pain to the ear may occur 2-3 days following surgery, a fowl smell &/or taste. Pain should not increase with time. Call the office if this occurs.

**OTHER ISSUES:**

- If numbness of the lip, chin, or tongue occurs there is no cause for alarm. As stated before surgery, this is usually temporary in nature.
- - Slight elevation of temperature immediately following surgery is not uncommon. If the temperature persists, notify the office. Tylenol or ibuprofen should be taken to reduce the fever.
- Occasionally, patients may feel hard projections in the mouth with their tongue. They are not roots, they are the bony walls which supported the tooth. These projections usually smooth out spontaneously. If not, they can be removed
- Sore throats and pain when swallowing are not uncommon.
- Sutures are placed the area of surgery to minimize post-operative bleeding and to help healing. Sometimes they become dislodged, this is no cause for alarm. Just remove the suture form your mouth and discard it. The sutures will be removed approximately one week after surgery.

If you have any additional questions or concerns, please contact our office.