

**Postoperative Instructions for Extractions**

**General Instructions**

1. Biting on gauze after the extraction will help minimize bleeding. Stay biting on the gauze for at least 45 minutes.
2. Increase your fluid intake following surgery and maintain a soft diet. Avoid carbonated beverages (coke) and very hot foods or drinks for at least two days. Avoid the use of a straw. If you have any difficulty drinking fluids or swallowing contact the office.
3. Do not pull on your lip to examine the surgical site. The incision may open which can jeopardize and delay healing.
4. Do not smoke for at least two or three days after surgery. Smoking will delay healing and can lead to a dry socket (increased pain).
5. Avoid vigorous rinsing or spitting until the sutures are removed. This can loosen the clot in the socket.
6. Starting the day after surgery, brush your teeth as usual (except in the operated area). Rinse your toothbrush under hot water to soften the bristles and avoid vigorous rinsing. Gentle rinsing with **Peridex or warm salt water** will help to clean area. To make the salt water rinse, mix one teaspoon of salt with half a glass of very warm tap water. Do **NOT** use Listerine, scope, or hydrogen peroxide.
7. Please limit your physical activity following surgery. You should be able to resume light activity after 3 days.
8. It may be difficult to chew and open your mouth following surgery. You can use moist heat or a heating pad after the swelling has decreased. Non-steroidal anti-inflammatory medications (such as Advil) can also help with muscle soreness and tightness.
9. Patients that maintain a good diet of soft food generally feel better and heal faster. A nutritious diet throughout the healing period is important to your comfort, temperament, and healing. Chop food in smaller pieces or use a blender to puree. A daily multiple vitamin is also recommended. Food supplements such as Ensure or Carnation Instant Breakfast, etc. may be helpful. Also avoid foods that may cause trauma to the gums or get in the sutures such as popcorn, chips, nuts, shells, grits, or anything grainy.

**Instructions for diet following surgery**

Drink plenty of fluids after surgery such as water and fruit juice. Avoid carbonated beverages (coke) and very hot foods or drinks for at least two days.

A soft non-chewing diet is recommended for two weeks after surgery to allow the gum tissue to heal. It is also advisable to avoid acidic foods such as tomatoes, peppers, or citrus fruits and highly seasoned foods that may irritate the mouth. You may resume eating these foods in a few weeks after the mouth sutures are removed.

After the sutures are removed from your mouth it is still important not to disturb the area. If bone graft or implants have been placed that area does not need to be disturbed so the material may fuse to your jawbone. If you have dentures, do not eat with dentures or removable teeth. We realize that you may occasionally be in social situations that you will want to wear your dentures. If you occasionally need to eat a meal with the denture in place, choose a diet that is soft and does not require much chewing. If you need to use your denture for eating more than once a week please discuss this with your doctor.

 Patients that maintain a good diet of soft food generally feel better, have less discomfort, and heal better. A nutritious diet throughout the healing period is important to your comfort, temperament, and healing. Chop food in smaller pieces or use a blender to puree. A daily multiple vitamin and calcium supplements (i.e. Critical) are also recommended. Food supplements such as Metrecal, Nutrament, Ensure, Enrich, Sego, Instant Breakfast, etc. may be helpful. Also avoid foods that may cause trauma to the gums such as popcorn, chips, nuts, shells, or grits.

Breakfast

 Apple juice, water, milk, coffee, tea. Yogurt, cooked cereals such as oatmeal, or cream of Wheat. Scrambled eggs, cottage cheese, milk, toast, and applesauce.

Lunch and Dinner

 Home cooked broth, bouillon, soups. Ground beef, baked or broiled fish, broiled or stewed chicken (finely chopped). Macaroni and cheese, scrambled eggs, bread softened with gravy. Baked or mashed potatoes. Asparagus, peas, carrots, lima beans, string beans (all mashed). Cottage cheese, canned Bartlett pears. Jell-O, puddings, pound cake. Milkshakes and ice cream.

**Bleeding – Pressure for 1 hour increments**

Slight bleeding for a number of hours following surgery is not unusual. Your saliva may be tinged with blood for up to 48 hours. If heavy bleeding is still present a few hours after surgery, moisten a wash cloth or a tea bag and place it over the area applying pressure for 45 minutes. Repeat this if necessary. Holding small amounts of ice water in your mouth will usually stop any slight oozing. If there is excessive bleeding the day of or continual bleeding the day after surgery, call for instructions. It would be best to sleep with an older pillow or pillow case as there may be some oozing throughout the night.

**Pain - Pain worst on 3rd and 4th days**

You will probably have pain in the area the day of and a few days following surgery. Take your prescribed pain medication after surgery even if you do not feel pain. It is easier to prevent pain that decrease it. Take pain medication when you arrive home and every 6 hours for the next 24 hours, then as needed. Do not drive or operate machinery when taking narcotic medications such as Norco(hydrocodone) or Percocet (oxycodone). Limit your activity the first few days after surgery. Trying to do too much too fast increases the swelling which increases your pain.

**Swelling – Ice today and alternate ice/heat tomorrow 20 min on/off with head elevated**

To minimize swelling, a cold pack should be intermittently applied to the face next to the operated area (use crushed ice in zip-loc bags or a bag of frozen peas and wrapped in a paper towel). Keep the cold pack on for 10 minutes, then off for 10 minutes. Repeat this sequence for 4 to 6 hours the day of surgery. Bed rest immediately after surgery with your head elevated by a pillow is also recommended. By limiting your activity the day of surgery, you will significantly limit the degree of swelling. Swelling usually peaks 3-4 days after surgery and may persist for several days. There may be numbness associated with the swelling. Fair skinned patients or those who bruise easily may anticipate some discoloration of the skin over the area. If the swelling is severe and/or you feel feverish as well, please call. It may be helpful to apply Vaseline to your lips to keep them moist.

**Dry Socket**

A dry socket occurs when the blood clot in the socket breaks down. It usually happens on the 3rd and 4th day after surgery. If you experience prolonged or increased pain a few days after surgery please call for an appointment. A dressing can be placed in the socket to relieve the pain.

**NOTIFY THE DOCTOR IF ANY OF THE FOLLOWING OCCUR:**

1. If the pain or swelling increases after 3-4 days (it should be decreasing).
2. If the sutures become loose or dislodged before 3 days.
3. If you have any signs which may indicate a drug reaction or allergy such as itching, hives, rash, or difficulty breathing.
4. You develop a fever or body temperature becomes higher than 100 degrees F taken orally.
5. Pain in your jaws is not relieved by the prescribed medication
6. If you have any difficulty swallowing or breathing
7. If you have persistent nausea or pain that prevents drinking adequate fluids.

**Telephone Number**

**Doctor’s Office: (478) 971-7701**

**Medications for Your Surgery**

**Antibiotics:** Please take your prescribed antibiotic until you are out of pills in order to prevent or eliminate the infection

**\_\_\_** Amoxil (amoxicillin)

\_\_\_ Cleocin (clindamycin)

\_\_\_ Keflex (cephalexin)

\_\_\_ Flagyl (Metronidazole)

\_\_\_ Augmentin (amoxicillin and clavulanate)

\_\_\_ Pen VK (Penicillin V Potassium)

\_\_\_ Peridex (Chlorhexidine Gluconate 0.12%) oral rinse

 CAUTION: Brush and floss your teeth thoroughly before using peridex rinse. Drink only clear liquids for up to 1.5hrs after using peridex rinse, otherwise you risk staining your teeth

**Pain Medicine:** Please take only as needed for pain. We recommend following our dosing schedule at least 3-4 days after surgery because that is when most post-operative pain/swelling occurs. You do not have to take these pills until gone. Try not to separate more than 6 hours in between taking your pain meds. If you are having minimal discomfort, you may switch to over the counter pain relievers. Avoid aspirin as it may increase bleeding and slow healing.

\_\_\_ Motrin (Ibuprofen) – anti-inflammatory. This will help with pain along with swelling. We recommend you

take this even you are not hurting so as to help reduce and prevent swelling.

\_\_\_ Hydrocodone/APAP or Percocet (oxycodone/APAP) or Tylenol #3 (acetaminophen/codeine)

This is to help with pain management. When these medications are combined with ibuprofen they have a higher effect on pain relief than when taken alone. They also already contain Tylenol(acetaminophen). Please do not supplement your medications with any over the counter acetaminophen or you risk permanent liver damage. Do not drive or operative heavy machinery while taking.

 \_\_\_ Medrol Dose Pack - This is a steroid pack to reduce pain and swelling. Take as directed on package.

**Medication dosing instructions:**

**Day of Surgery :**

Have your prescriptions filled as soon as possible. Your anesthetic will wear off in a few hours and it is best to already have taken your medicine before it wears off in order to prevent any “break out” pain.

 After gauze pressure for 1 hour. Eat something and then begin medication

 Begin/resume your antibiotic if given

**Level 1 pain management:**

Take Ibuprofen (Motrin 600mg) wait 3 hours then take over the counter extra strength Tylenol(Acetaminophen

500mg) and alternate the 2 medications every 3 hours.

**Peridex or warm salt mouth water rinse:** Beginning \_\_\_ hours after surgery gently rinse and spit with ½ capful after brushing your teeth for at least 2 weeks

**Level 2 pain management if needed (day 3-4):**

Take Ibuprofen (Motrin 600mg) wait 3 hours then take the Hydrocodone/APAP and alternate the 2 medications every 3 hours.

Do NOT take Tylenol(Acetaminophen) while taking Hydrocodone/APAP.

If you still have moderate to severe pain after your surgery then call the doctor. Do not drive or operate heavy machinery if you are taking the prescribed pain medication. If you develop a rash, notify the doctor. If you develop difficulty breathing seek emergency medical treatment.