

Extraction Post-Operative Instructions

ACTIVITY

Reduce activity on the day of extraction then increase as tolerated. Avoid heavy exercise (running, aerobics) for one week after surgical removal of impacted teeth or major surgery.

BLEEDING

Bite firmly on the folded gauze for 20-30 minutes (or until home and resting comfortably). Some seepage of blood is common and may persist into the next day. If excessive or prolonged bleeding continues, bite on another folded gauze for an additional 30 minutes. You may have to do this several times. If this is not successful, try biting on a moist tea bag. Rest (with head elevated) and avoid physical activity. **Do not suck at blood clot or spit. Do not use a straw. Do not smoke for at least 2 days. If excessive bleeding persists, please call our office at (310)278-0440**

MOUTH RINSING

Do not rinse or brush teeth after surgery, for the remainder of the day. The following day, gently rinse after all meals and at bedtime with lukewarm water. You may now carefully brush your teeth but avoid the extraction sites until tenderness is gone.

LIPS

Lips should be kept moist with a cream or Vaseline to prevent drying and cracking.

SWELLING

Swelling reaches a maximum at about 48 hours. Therefore apply an ice pack to the surgical area "on and off every 20 minutes" **the day of and the day after surgery** (2 days). Start opening jaw exercises once bleeding has stopped because swelling will make it stiff. After 2 days start applying moist heat (wet washcloth) to the surgical area for 20 minutes at least 4 times a day. Continue jaw exercises until full opening returns. If you develop a **hard, enlarging** swelling and associated fever please call and return for treatment.

PAIN

Take the pain medication that was prescribed for you with food. In cases where no prescription was written you may take 2 tablets of Tylenol or Advil (if tolerated) every 4 hours for the slight discomfort. Severe pain in the lower jaw occurring about 4 days after operation usually indicates delayed bone healing ("dry socket"). Please call and return for treatment if this occurs.

DO NOT drive, operate machinery or use alcoholic beverages while taking prescription pain medication.

DIET

Drink only liquids until the numbness has worn off then eat soft bland foods. Be sure to drink large amounts of fluids (**not through a straw!**). Continue to add non-scratchy foods until you can comfortably return to a normal diet. Antibiotics are best taken on an empty stomach but if they irritate the stomach or cause nausea then take them with food.

YES

Soups, Juices (apple, cranberry, grape), Milk, Herb Tea, Applesauce, Custard, Pudding, Jell-O, Yogurt, Ice cream

Eggs (Scrambled, soft boiled, poached), Cottage Cheese, Oatmeal, Farina, Pasta, Noodle Dishes, Rice

Tuna Fish, Egg Salad, Soft Bread (No Seeds)

Fish, Chicken (Not Fried), Soft Meat

NO

Spicy Foods

Hot Foods (let food cool down)

Acid Type Juices (tomato, grapefruit, orange)

Hard Scratchy Foods (chips, Salads, bread crust, popcorn, fried foods)

Alcoholic Beverages

NAUSEA

Nausea can occur after intravenous anesthesia, when blood is swallowed or if taking pain medication on an empty stomach. Therefore make sure to bite firmly on the gauze and to take pain medication with food. Patients who have had intravenous anesthesia or who develop nausea should start with clear liquids (broth, tea, 7UP, gingerale, apple juice, Jell-O) and progress slowly to more substantial foods as tolerated. The prescription pain medication should be temporarily discontinued and Tylenol used instead.

IMPORTANT

DO NOT drive or operate machinery the day or evening after receiving intravenous (IV) anesthesia or sedation.

DO NOT drive or operate machinery or use alcoholic beverage while taking prescription pain medication.

If there are any unusual symptoms or concerns please call and return for treatment.

INSTRUCTIONS FOR PATIENTS RECEIVING INTRAVENOUS (IV) SEDATION

Do not eat or drink anything, including water, for 8 hours before surgery. This is for your safety and must be followed. Please have a light meal and no alcoholic beverages the **night before** surgery. If you take daily medication such as blood pressure or heart medicine you should take them as usual, but take them early in the morning with **only a sip of water**. Please inform the doctor about the medication taken before your surgery.

You must have someone with you to drive you home following the surgery. Do not drive for the remainder of the day. **Your surgery will be cancelled if you do not have a responsible person with you when you arrive.** (The driver must remain in the waiting area during the procedure).

You may brush and rinse your teeth in the morning before your surgery. **Do not swallow any water.**

It is advisable to have someone at home to care for you on the day of surgery.

Wear a short-sleeve garment that is loose fitting about the arms and neck. Low-heeled shoes or sneakers should be worn.

Contact lenses are to be left out and nail polish removed. Please leave jewelry and watches at home.

FAILURE TO FOLLOW THESE INSTRUCTIONS ABOVE WILL RESULT IN A CANCELLATION OF YOUR SURGERY!

IF YOU DEVELOP A FLU OR ILLNESS CALL & RESCHEDULE YOUR APPOINTMENT

Please arrive 15 minutes prior to your appointment time.