



Immediately Following Surgery

You will have numbness to the lips and teeth due to the effects of the local anesthesia. The numbness should last approximately 2-6 hours. You will also be biting on a moist piece of gauze over the extraction site.

1. Remove the gauze in 30 minutes. If oozing continues, replace it with fresh gauze for an additional 30 minutes. There should be constant firm pressure. Continue as needed.
 2. **Ibuprofen** should be used in addition to the prescribed narcotic pain medication or **Tylenol**. First dose should be taken before numbing wears off. Take **800mg Ibuprofen every 4-6 hours**, at the same time as the Tylenol or other pain medication prescribed because they have a synergic effect. Repeat for the first 48 hours.
 3. **If you can't take Ibuprofen take Tylenol 500mg every 4-6 hours not exceeding 4000mg in a 24hr period. Or take the prescribed medication that you were given as directed on the label.**
 4. Apply ice packs to your face for 20 minutes every couple yours for the next 24 yours. Keep head elevated at all times.
 5. **DO NOT SMOKE.** This will greatly increase your chance for prolonged pain and complications.
 6. Keep hydrated and drink plenty of liquids to help with the healing process. No Alcohol. No Straws.
2. If on blood thinning medication, the clot will not be stable for 2-4 days. Biting on gauze with even firm pressure is a must if the site is continuing to ooze
 3. Do not rinse or swish vigorously or spit for 24 hours.
 4. A moist tea bag can be used in addition to the gauze to stop or slow the bleeding.
 5. If the area continues to ooze, use the gauze provided with constant firm pressure.
 6. Do not remove gauze every 5-10 minutes to check if it has stopped bleeding. Leave the gauze in place for a minimum of 30 min before checking or replacing. It does not hurt anything to leave gauze in for longer periods of time. Do not chew on the gauze. Even firm pressure is what you need to stop bleeding

Bleeding

1. Oozing will continue for 24-48 hours depending on your medications and activity level.

Swelling

1. You can expect some swelling following your surgery and it may take 3-4 days before it reaches a maximum.
2. Ice packs applied to the outside of the face will help alleviate this issue.

Nutrition

1. You should consume soft foods for the first 2-3 days.
2. **Avoid** hard, chewy, or spicy foods. Foods with small seeds should be avoided.
3. You may eat foods you desire, but it is easier to favor soft foods that you can eat on the **opposite side of the mouth**, such as soup, milkshakes, pasta, soft vegetables, chicken and fish.



Oral Hygiene

1. Avoid brushing the surgical area for the first 24 hours, but remember that the remainder of your mouth should remain clean.
2. Irrigation should start 24 hours after extraction. Warm salt water rinses 2-3 times a day after eating to keep debris from accumulating. The first couple days very light rinsing not being aggressive to not disrupt the clot. After that can swish more aggressively to make sure debris is not accumulating in the site. Mild bleeding is normal after irrigation. Irrigation maybe needed for 2-3 weeks after surgery.

Discomfort

1. The amount of pain or discomfort varies from patient to patient. The medication given to you for pain should be used as prescribed and should control your discomfort. If you need to continue taking OTC medication for several days don't be alarmed this is normal. Many patient will take OTC medication for 5-14 days post surgery. If you feel the medication discussed/prescribed cannot control the discomfort please call our office.

One Week After Surgery

1. If you have continued pain, swelling, fever, and a bad taste in your mouth, it is possible you have an infection at the extraction site. If you experience these symptoms a week after surgery, please contact the office.
2. A DRY SOCKET is a condition in which the blood clot that has formed in the site has either dislodged or dissolved. It is a very painful condition along the surgical site that occurs 5-7 days following extraction. Fortunately, it is a self-limiting process and with adequate pain control, resolves itself in 24-48 hours.



Other Common Post Operative Patient Question

1. We recommend all patients consult with primary care if they are on any medications that they would consider changing or stopping prior to surgery. This includes blood thinners, all anxiety and depression medications. We will never recommend stopping any medications or making changes without the consent of the primary care.
2. 800 mg of Ibuprofen at the same time as 500 mg of Tylenol has been shown to be as affected at relieving pain from dental origin as well as narcotics. They are also much safer so this is our go to recommendation for all procedures. The only reason we change this recommendation is if the patient has medications that should not be combined with these medications.
3. Steroids are not recommended for patients with diabetes.
4. The majority of the time even if a tooth was infected that was removed you do not need an antibiotic because the site was cleaned after the extraction. There is only a 5% chance of an infection post extraction. Most infections don't appear until longer than 1 week post op. Symptoms would be increasing in pain, drainage from the site, swelling.
5. If you were given Antibiotics before the appointment but still have some remaining, we want you to finish the antibiotics that were prescribed.
6. After an extraction if an implant is desired the bone at the extraction site must heal for 3 months before the bone can be evaluated for implant placement . If a bridge is desired a temporary bridge can be placed immediately or the site can heal for 4-6 weeks and the process for the bridge can be started then.
7. Any time a tooth is missing a patient has options. 1. They can leave the space without replacement. 2. They can replace the space with something removable. 3. They can replace the space with a bridge if there is a tooth in front and behind the space. 4. The site can be replaced by an implant. Each site and patient is unique and needs to be evaluated by the dentist to give the recommendation for each patient. Multiple factors go into the replacement recommendation: bone quality at the site, health of the patient, function at the site, health of the remaining dentition, costs of the procedure, esthetics, length of time for procedure to be completed.
8. Most patients report less post operative pain and length of time it takes to heal post implant placement vs an extraction. All patients that get an implant are seen back in approximately one week and very few are experiencing discomfort for the surgery at that time. This is contrary to what most patients believe will happen after implant placement.
9. If sutures were placed they are resorbable and should start falling out on their own. Could happen between days 3-7. Do not try to remove them or play with them for the first 3 days. If they are still in your mouth after 1 week you can call and we can help you remove them.