

SMOKY HILL DENTAL

303-617-9090

ORAL SURGERY/EXTRACTIONS POSTOPERATIVE INSTRUCTIONS

You have had a surgical procedure or extraction in your mouth. Care of the mouth after surgery/extraction has an important effect on healing.

1. CONTROL OF HEMORRHAGE:

Remove the gauze pack upon arriving home. Slight bleeding is expected. Change gauze every 20 to 30 minutes until bleeding is minimal. Keep constant pressure on the gauze. Avoid spitting/swishing as this can cause a dry socket (blood clot has been dislodged). Do not use a drinking straw. Avoid excess physical activity. At bedtime, you may want to use a towel or old linen to cover your pillow. Sometimes the surgery/extraction site tends to drain.

2. CONTROL OF PAIN AND INFECTION:

Ordinarily the use of compounds such as Tylenol or Ibuprofen, etc. will adequately relieve pain when taken in doses of 2-3 (200mg) tablets every four hours. Children should receive smaller doses, follow directions on the medication, and only if necessary.

If you have been given a prescription, have it filled and take as directed on the package. If you develop hives or rash, discontinue all medication and immediately contact this office.

Warning: Do not drive or operate mechanical equipment after taking a prescribed narcotic pain medication.

3. **CONTROL OF SWELLING:** Following difficult surgical extractions, apply an ice pack to the jaw immediately upon returning home, 20 minutes on and 10 minutes off. Do this for the first 24 hours. The second day after procedure, heat applied to the jaw will probably increase comfort. Exercise the jaw muscles regularly. Simple extractions don't usually have swelling. Sometimes bruising can also occur around the surgery/extraction site, anesthetic site, and the face. Don't be alarmed, this is normal.

4. **ANESTHETIC:** Patients will be numb usually 2-4 hours after this procedure. It does vary from person-to-person.

CHILDREN: Parents be aware of your children lip-sucking or cheek-biting due to the anesthetic. If they do bite themselves, the lip can swell or a canker sore may appear.

5. DIET:

A liquid diet is wise the day of surgery, then soft nutritious foods (applesauce, yogurt, oatmeal) for another couple of days. Increase your fluid intake. Resume your normal diet as soon as it's comfortable.

No carbonated drinks for 24 hours.

6. ORAL HYGEINE:

Do not rinse/swish/brush your mouth with anything in an effort to cleanse or refresh the mouth for 24 hours. The day following the procedure, the mouth may be rinsed gently with a warm salt-water solution 2-3 times per day. When rinsing with salt-water, slightly move the head side-to-side and let the solution fall out of the mouth. The teeth and gums may be lightly brushed to avoid plaque build-up.

7. **SMOKERS** are advised not to smoke 24 hours after the procedure. This slows down the healing process.

8. **AVOID OVERFATIGUE.** Go to bed early and get adequate rest during the day.

NOTE: IN CASE OF ABNORMAL SYMPTOMS, CONTACT THIS OFFICE:

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