



Post-Operative Extraction Instructions

BLEEDING

Bleeding after surgery may continue for several hours. The best way to stop bleeding is to place a piece of folded, damp gauze over the extraction site and gently bite down for 20-30 minutes. Rest quietly with your head elevated. If bleeding continues, use gauze for an additional 30 minutes. Bleeding should always be evaluated by looking directly at the surgical site. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem.

SWELLING

Swelling is the body's normal reaction to surgery and healing. The swelling will not become apparent until 1-2 days following surgery and will not reach its peak for 2-3 days. After this time, the swelling should decrease but may persist for 7-10 days. Swelling may be minimized by the immediate use of ice packs. Apply ice packs to the outside of the face - 20 minutes on and 20 minutes off - for the first 24 hours.

PAIN

Unfortunately, most oral surgery is accompanied by some degree of discomfort. We recommend taking your prescribed pain medication prior to the local anesthetic wearing off. Alternate Ibuprofen and the narcotic medications as prescribed for the first 24 hours following your procedure. Continue as needed. Sometimes Ibuprofen will be enough to manage the pain. It is not uncommon to feel more discomfort on the 3rd and 4th days following your surgery. Discomfort should subside daily thereafter. If not, please call our office.

NAUSEA

Nausea is not uncommon after surgery. Sometimes pain medications are the cause. Nausea can be reduced by preceding each pain pill with food and taking the pill with a large volume of water. Try to keep taking clear fluids and minimize dosing of pain medication, but call us if you do not feel better. Classic Coca-Cola may help with nausea as well.

DRY SOCKETS

If a dry socket (loss of blood clot from socket) occurs, there is a constant pain that may radiate to other areas including the ear, jaw, and teeth. If pain medication helps relieve the pain, a dry socket is not likely. To help prevent dry socket, avoid vigorous rinsing, sucking on the wound, spitting, using a straw, smoking, and exercising for 2-3 days after the procedure.

DIET

After general anesthetic or IV sedation, start with liquids or soft foods. While numb, patients should avoid hot liquids or foods that require chewing. Once numbness wears off, patients can progress to solid foods, chewing away from the surgical sites. Patients should avoid foods like chips, nuts, seeds, popcorn, etc., which may get lodged in the socket areas. Do not use straws to drink. Using straws could cause more bleeding and may lead to a dry socket.

ORAL HYGIENE

The best way to prevent infection and ensure healing is to keep your mouth clean. Clean your mouth thoroughly after each meal beginning two days after surgery using a salt water solution or Peridex oral rinse if it was prescribed. Use a soft bristle toothbrush and toothpaste after meals and at bedtime, while avoiding the surgical sites. Should bleeding resume after brushing, repeat the use of gauze as described above. Begin using the water syringe provided on day 3 for a LOWER extraction to flush out debris that has

gathered in the extraction socket(s). The syringe should be used after eating and before bedtime. You should discontinue using the syringe when you no longer get debris out of socket, or after it has been flushed for approximately 15 days after surgery.

*If using Peridex mouth rinse, stop using after 10 days.

ACTIVITY

For the first 48 hours, you should rest and relax with no physical activity. After 48 hours, resume activity as tolerated.

HEALING

Bad breath is common and will disappear as healing occurs. Two to three days following surgery, white, possibly hard tissue may be seen in the surgical site. This signifies normal healing tissue. If you feel hard or sharp edges in the surgical areas, it's likely you're feeling the bony walls which once supported the extracted teeth. Occasionally, small slivers of bone may work themselves out during the following week. Complete healing of the extraction site may take 6-8 weeks.

SUTURES/STITCHES

Sutures will resorb or fall out on their own. It is normal for a suture to come out on the day of surgery. If bleeding occurs because the sutures have fallen out, bite on gauze to apply pressure as described above. Dr. Christensen does not completely close the extraction sites. The holes will heal from the inside out and could be present for several weeks.

JAW SORENESS/STIFFNESS

Jaw soreness is not uncommon on the 3rd and 4th days. You may apply a warm compress (a hot water bottle, hot moist towel, or heating pad) to the skin over the jaw area. Apply the compress 20 minutes on and 20 minutes off to help soothe tender areas. This will also help decrease swelling.

DENTAL APPLIANCES

If you wear orthodontic retainers or a sleep apnea retainer on your lower jaw, you can begin to wear them the evening after your procedure. If they are uncomfortable to wear, you can skip a few nights and try them in again. C-PAP users have different instructions, depending on which type of device you're using. Please let our office know if you use one, so we can advise you further.

RECOMMENDED DIET

Applesauce	Hummus
Yogurt	Meatloaf
Soup	Deli Meat
Eggs	Mashed Potatoes
Jell-O	Mashed Peas
Fish	Soup-soaked Bread
Rice	Well-cooked Vegetables
Oatmeal	Mashed Fruit (Bananas,
Popsicles	Avocado)
Ice Cream	Well-cooked Pasta
Pudding	Smoothies (avoid seeds)
Beans	Milkshakes (avoid straw)
Tofu	Tuna/Chicken Salad (no
Cottage Cheese	celery)