

Post-Operative Instructions for Tooth Removal

IMMEDIATE POST OPERATIVE INSTRUCTIONS:

- Aside from filling prescriptions, go directly home following procedure. Attempt to eat COLD and SOFT foods (milkshake/ frosty (eat w/ spoon), ice cream etc) and take your pain medications as soon as possible (taking pain-meds on an empty stomach will cause nausea).
- Day of surgery and into the next day, use ICE packs on the side of the face (20 minutes on, 20 minutes off, repeat continuously for first 24 hours) to reduce swelling.
- Consuming plenty of fluids and nutrition is important.
- Do not drive or operate machinery for at least 24 hours and/or while on pain medications.
- Do not consume alcohol or take any over the counter pain medication unless prescribed or discussed with your Oral Surgeon.

DIET:

- Use a liquid diet the day of surgery and resume a soft diet as soon as tolerated. You may advance your diet to a normal diet as tolerated.
- Drink plenty of liquids from the start, but avoid the use of straws for 2 weeks as the suction can pull bacteria into the surgical sites and cause infections or dry sockets.
- No carbonated beverages or alcohol for five days.
- All food eaten within the first 3-4 days must be served at room temperature. Hot foods, soups, or drinks can dissolve the blood clot.
- Stay away from small foods such as rice, foods with seeds, or small beans. These foods can easily become stuck in sockets.
- Avoid acidic foods, soups, or drinks (eg: citrus fruits, ketchup).
- Good Food List: Ice Cream (no nuts or toppings), milkshakes/ frosty (eat w/ spoon), popsicles, applesauce, yogurt, scrambled eggs, mashed potatoes, soup broth (no tomato), liquid/ soft foods.

MEDICATIONS:

- Take pain medications as directed on the bottles. Ibuprofen and the narcotic pain medications prescribed for this procedure can be taken at the same time.
- Starting the third day following surgery- gently swish, twice a day, with prescribed mouth-wash. Do not rinse mouth after swishing and spitting out excess rinse.
- Take all antibiotics until gone if prescribed.

ACTIVITY:

- Do not engage in sports, exercise, aerobics, heavy work, or heavy lifting for seven to ten days. Vigorous activity can cause site(s) to bleed heavier or to begin bleeding again.

SURGICAL SITE CARE:

- Bite on gauze packing over the extraction site(s), applying constant firm pressure, do not chew. Change gauze every 30-45 minutes until bleeding has stopped. It is better to continually bite on the gauze than to keep changing it every few minutes. If the extraction site(s) are still bleeding after 24 hours, bite down on a moist tea bag.
- Slight bleeding may occur following extraction of teeth and is expected for the first day. If excessive bleeding occurs, consult the clinic.
- Use an extra pillow under your head while resting, refrain from lying flat while awake or sleeping for the first 2 days following surgery. You may want to cover the pillow with a towel.
- Rinse your mouth very gently only after eating during the first 24-48 hours. Rinsing vigorously may dislodge blood clots and interrupt the normal healing process.
- Resume brushing your teeth thoroughly after meals starting the night of the surgery. Use minimal toothpaste and refrain from using any other mouth rinses, besides the one prescribed.
- Following the first day, rinsing can be slightly more vigorous and it is generally a good idea to rinse with a warm diluted salt solution (1/4 teaspoon in 8 oz water). Avoid the use of commercial mouthwashes, as they may contain alcohol, which can delay initial healing.
- One week following surgery begin using supplied syringe to rinse out sockets following each meal. Syringe may be filled w/ Peridex mouth rinse or luke warm water.
- Two days after surgery, you may apply warm compresses on the side of the face to aid in decreasing swelling.
- Avoid the use of tobacco products for at least seven days.
- Normal swelling will reach a peak on the fourth and fifth day after surgery. It is normal to have bruising in the area of the surgery.

SYMPTOMS TO REPORT TO YOUR DOCTOR IMMEDIATELY:

- Temperature greater than 101.5°F.
- Increasing pain or pain that does not resolve with medication. Typically the most discomfort and swelling is expected on the third, fourth and fifth days after surgery.
- Persistent or recurrent nausea and vomiting after the day of surgery.
- Bleeding beyond what your doctor told you to expect.

If you have any questions please feel free to contact our office:
(513) 682-2345