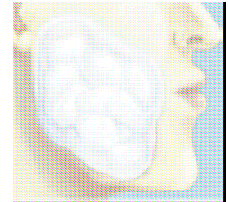


General Post-Surgery Instructions

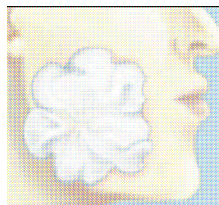
Patient Name _____

Bruising, Swelling, and Discomfort: You may experience bruising, swelling, and/or discomfort following surgery which are normal consequences of surgery. You will likely notice some bruising on your upper neck and jaw. Once your teeth are removed, it is common to experience swelling of the neck and face with extractions. The swelling peaks after 48 hours following your procedure and will gradually subside. For the first 24-hour period, you can apply a cold compress outside your face next to the surgery site for 15 minutes on, followed by 15 minutes off. Repeat up to 1–2 hours.



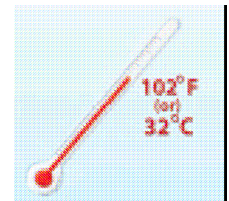
Bleeding: Within one or two days of your procedure, you may notice your saliva is lightly streaked with blood. If heavier bleeding occurs, place a piece of clean moist gauze or moistened tea bag over the area. This needs to be done for about 45 minutes. The tannic acid in tea helps blood clots (similar to a scab on an open wound) to form. You should avoid rinsing, spitting, or sucking actions for 24 hours after your procedure. For example, don't drink beverages through straws or smoke, and avoid hot liquids (such as soup or tea). These activities can cause the clot to dislodge, which will cause dry socket in tooth extractions.

Nausea: Following your procedure, you may feel nauseated and experience mild vomiting, which can be caused from some medicines, specifically narcotic pain medicines, or after an anesthetic. Nausea after sedation generally does not last long and can be treated with antiemetics (a type of medicine to alleviate this problem). You can also drink carbonated drinks like ginger ale or cola to relieve nausea.



Restricted Mouth Opening: This is your body's way of trying to protect itself, by filling the jaw muscles with fluid. This side effect will usually last a few weeks. You can apply heat and massage the area to try to alleviate this restriction. You can also do mouth opening exercises.

Elevated Temperature: You may experience a fever up to about 102°F or 39°C within the first 48 hours after surgery.



Oral Hygiene: On the day of surgery, do not rinse your mouth as this can affect the healing process. After the first 24-hour period, you can rinse gently hourly especially immediately after eating. Rinse with 1/2 teaspoon of salt in a cup of warm water. Do not use commercial mouth rinses. Avoid smoking for a minimum of three days.

Brush your Teeth: You need to continue to brush your teeth, but avoid the teeth adjacent to the extracted tooth during the first 24 hours. On day two, you can resume the gentle brushing of your teeth. However, do not use commercial mouth rinses because these can irritate the area of extraction.



Diet: Avoid hot liquids and alcoholic beverages for at least 24 hours. When the extraction is more difficult, you will need to consume a soft or liquid diet for at least 24 hours after we have removed your teeth. Following your procedure, you should drink a minimum of six glasses of liquid during the first 24-hour period to rehydrate.

Complete Healing will not occur for a few weeks to a few months following the removal of your teeth. Usually within the first week or two, you will feel reasonably comfortable.

The points checked off below apply to you:

Sutures (stitches):

- were not placed.
- were placed. You need an appointment in about 7 days to have the stitches removed.
- were placed. You do not need an appointment to remove them. They will dissolve by themselves in a few weeks.

Pain:

- You have not been given a prescription for pain. You should not experience discomfort. Take aspirin or Tylenol for mild discomfort that may come in about two hours from now. If the pain is more than these drugs can control, please call us, and we will phone a prescription to your nearest pharmacy.
- You have been given a prescription for pain. You may elect to try to control the discomfort with ibuprofen or Tylenol before filling the prescription. If these drugs will not control the pain, please get the prescription filled and take the medication as directed.

Antibiotic:

- You have not been given an antibiotic. It does not appear you will need antibiotic therapy.
- You have been given a prescription for an antibiotic. Please take the medication as directed until all the tablets are gone.

Cold Application:

- Not necessary for your surgery.
- Use cold packs (ice in plastic bags) on the outside of your face near the surgery site for two hours when you arrive home. Usually alternating 10 minutes on the face and 10 minutes off for an hour is adequate. You should be healed from this surgery very soon.

Please call us if any questions arise.