Post-Operative Instructions

Please refer to some general postoperative guidelines below, and by all means, CALL at any hour of any day to report any continuing problem.

1. Some degree of discomfort and pain may arise as numbness subsides. **Take the prescribed pain medicine and/or ibuprofen before the numbness wears off after eating some food.** Please read the pain medication insert for your maximum daily dose. Do not take ibuprofen if you cannot take aspirin products. Any pain medication can cause nausea and vomiting. It is very important that you have some food in your stomach before you take them.

   DO NOT DISTURB THE AREA OF SURGERY. The first stages of healing are aided by placing tissues at rest. Avoid vigorous chewing, excessive spitting, or rinsing as initial healing may be delayed, active bleeding restarted, or infection introduced. If you notice some grittiness in your mouth, do not be alarmed. Some of the bone graft particles will work their way out of the extraction site. Do not be alarmed if this falls out during the healing period.

2. **Expect minor bleeding or OOZING from the operative site**. This bleeding may continue throughout the first day or two. For the first hour, keep firm pressure on the area of surgery by biting on the gauze sponge placed in your mouth at the office. If bleeding persists, continue pressure on a fresh sponge for an additional 30 minutes to an hour. Biting on a moist tea bag wrapped in gauze may help control persistent oozing from the surgical site. Tea has an ingredient that promotes blood clotting. Do not sleep or eat with gauze in your mouth.

   If active bleeding should recur at any time, carefully rinse your mouth with cold water and apply a fresh gauze sponge to the bleeding site. Firm pressure for 15-30 minutes usually controls the problem. Should active bleeding persist, please call the office.

3. **LIMIT PHYSICAL ACTIVITY** during the first 24-48 hours after surgery. Over exertion may lead to postoperative bleeding and discomfort. When you lie down, keep your head elevated on a pillow.
4. **SWELLING RELATED TO THE SURGICAL PROCEDURE** usually develops during the first 12-24 hours following surgery, often increasing on the second to third day. It should begin to subside by the third day. Swelling can be minimized a great deal by wearing an ice pack on the side of your face for 30-45 minutes every hour while you are awake during the first 24 hours following the surgery, unless you receive special instructions. Bags of frozen vegetables are very effective to use as ice bags. Anti-inflammatory medications, such as Motrin or Advil, also help decrease swelling. Keep your head elevated for the first 3 to 5 days to keep the swelling to a minimum. Swelling may be greater in the morning when you first awaken.

5. **FLUID INTAKE IS IMPORTANT**. We suggest you start with clear fluids. Once your stomach has settled, you can advance to other fluids such as broth, soups, or juices. Also avoid hot liquids until the numbness has worn off, and the bleeding has stopped. It is important to drink plenty of fluids.
6. **AVOID USING A STRAW FOR SEVERAL DAYS** as it may cause the blood clot to dislodge and delay healing.
7. **NO SPITTING FORCIBLY,** if you have to spit let it gently dribble out of your mouth
8. **FOOD SELECTION** is largely a matter of your choice. Soft, cool foods that require little or no chewing are most easily tolerated at this time. A nutritious diet throughout your healing process is most important to your comfort and temperament. Hungry people become irritable and less able to deal with the discomfort which can follow surgery. Since you will be taking medication, it is important to remember that eating can prevent nausea sometimes associated with certain medications. Once your stomach is settled, soups, broiled fish, stewed chicken, mashed potatoes, macaroni and cheese, and cooked vegetables can be added to your diet as your comfort indicates. Ensure, Carnation Instant Breakfast and/or yogurt supply excellent added nutrition. Do not chew anything until the numbness wears off. Avoid nuts, popcorn, and any foods with seeds.
9. **Take any special medication such as ANTIBIOTICS** we have prescribed on the specified dosing schedule. Yogurt with active cultures or acidophilus should be taken while on antibiotics to prevent diarrhea. It is important to take the antibiotics to completion. If you are given antibiotics and take birth control pills, you should be aware that the birth control pill may become ineffective, therefore take appropriate precautions.
10. **Take any regularly scheduled medication** (for diabetes, high blood pressure, etc.) on your regular schedule unless advised to do otherwise.
11. **TRY TO AVOID SMOKING COMPLETELY**, as it tends to slow the healing process and may also contribute to development of a dry socket.
12. **PLEASE DO NOT DRINK ALCOHOL** for 7 days following surgery

Medications

Amoxicillin 500 mg, 3 times a day (Breakfast, lunch, and Dinner) for 1 week

Motrin 600mg AND Tylenol 325 mg every 6-8 hours **TOGETHER** for the first 2 days, and then as needed