



Post- Operative Home Care Instructions for extractions:

Care of the mouth following extraction is very important for proper healing. Each person responds differently from another. Similar procedures on one side of the mouth may vary greatly from the other side of the mouth as to post-operative discomfort, swelling, bleeding and the duration necessary for healing. Following these instructions will speed the healing process and reduce pain, swelling and bleeding.

Food:

You may drink cool liquids as soon as you get home. Do not chew or take in hot liquids until your numbness has subsided. Eat and drink anything that you like or can tolerate, preferable high calorie, liquid to soft diet. Examples: eggs, custard, milk products, cottage cheese, ice cream, soups fruits and ground meats. Juices, milkshakes and soda pop- up to 8-12 glasses of liquid a day with the exception of alcohol. Increase your liquid intake if solid food intake is less than normal.

The Important DO NOT List:

DO NOT MIX ALCOHOL AND DRUGS

Alcohol also increases the possibility of prolonged bleeding.

DO NOT use straws

DO NOT spit

DO NOT rinse mouth for 1 week following surgery

DO NOT do any heavy exercise or lifting for 4 days past surgery if you received an intravenous injection (IV). Rest arm whenever possible. You may remove the band-aid at home.

NO nuts, popcorn, granola or seeds for 1 month

NO SMOKING FOR 1 WEEK

What to expect following surgery:

- Blood tinged saliva can be expected during the first 24 hours. Hold the gauze pack over the wound until you get home. Use gauze pads with biting pressure, changing when saturated and discontinue use when bleeding stops. Periodic blood tinged saliva can be seen during the week following surgery – especially when eating and brushing teeth.

- Possibility of Severe Bleeding: For severe bleeding that is not controlled with gauze pressure, use the enclosed tea bags, dampen with warm water, wrap in a single layer of gauze and apply to extraction site and bite down firmly for 40-60 minutes. Repeat if necessary.
- Swelling: There may be swelling for up to 7 days. The swelling should begin to subside by the end of the 5th day. Swelling will be greater on the second day than on the first. Swelling may be greater upon arising in the morning each day. You may experience some facial bruising. DO NOT use heat on the outside of your face. Ice is helpful for the first 24 hours and may lesson swelling and discomfort in the first 24-48 hours.
- Get plenty of rest- 8 to 10 hours a night. For 48 hours, keep your head elevated when you are lying down.
- Inability to open mouth wide is normal for 4-5 days past surgery.
- Use prescription medicine for the pain as soon as you get home, then as directed on the prescription. Be sure to take pain medication with liquids or food.
- If you are on antibiotics and currently taking oral contraceptives, an alternative method of birth control is recommended for the remainder of your cycle. Antibiotics can interfere with the absorption of oral contraceptives and make them ineffective.
- Sutures placed during surgery will dissolve by themselves unless you are told otherwise at the time of surgery. Sutures are sometimes prematurely lost following surgery but this is not a problem.
- You may brush your teeth- avoiding surgical site.

CAUTION: You are under medication. DO NOT drive or operate heavy equipment.