



POST-OPERATIVE INSTRUCTIONS FOR EXTRACTION OF TEETH

I. DO's

- A. Do keep relatively quiet today.
- B. Do apply ice packs to jaws. Repeat 20 minutes on, 20 minutes off as needed for the first 48 hours after surgery to help reduce swelling.
- C. Do keep gauze packs in place, biting down firmly, for 1 hour following surgery, then remove and replace if bleeding is still active. If not bleeding significantly you can discontinue the gauze.
- D. Do drink immediately following surgery, especially if you have had nothing since the night before. Remove packs to drink and then replace with clean ones. A liquid diet is necessary until the numbness is gone, approximately 2-3 hours, i.e. soup, milkshake, Jell-O, coffee, tea, etc. Drink directly from the glass or use a spoon. After numbness is gone then a soft diet, i.e. macaroni and cheese, scrambled eggs, mashed potatoes, etc.
- E. Do take all prescribed medication as directed. As soon as you have some food in your stomach, take a pain pill so when the numbness wears off you have pain medicine in your system.
- F. Do have someone with you for most of the day until you are capable of taking care of yourself, if you are sedated for surgery.
- G. Do brush teeth and gums well beginning 24 hours after surgery.

DON'Ts

Do not spit, rinse, or smoke for 24 hours. Do not drink out of straws for 1 week. It dislodges the blood clots forming in the sockets.

- A. Do not drive a car, ride a bike, or drink any alcoholic beverages while taking prescribed pain medications also, do not take pain medication on an empty stomach.
- B. Do not change gauze more than once for the first hour after surgery. Remove gauze if no bleeding present after one hour.
- C. Do not breast feed for 24 hours if you were sedated for surgery

II. WHAT YOU CAN EXPECT AND WHAT TO DO

- A. Bleeding may continue for a short time or may persist until the next day. You could have small amounts of intermittent bleeding for up to two weeks. Maintain gentle pressure by biting on the gauze packs until it stops. If profuse bleeding or any other problems occur, please call.
- B. Pain, swelling and bruising will reach its peak at 3-4 days after surgery. Discoloration and tightness opening the jaw are normal post-operative events. Do not be alarmed. Maximal swelling is expected on 3rd and 4th day after surgery and may last for several days. Elevating the head during sleep can help minimize swelling. A sore throat or tender nose may also occur.
- C. Most of the time the sutures or stitches used dissolve by themselves and small pieces will come out approximately 4-6 days following surgery. This is to be expected.
- D. **Eat a normal diet the day after surgery. It is very important that you chew. The jaw will stiffen very quickly if not used. A balanced diet is important to the healing process.**
- E. Good dental hygiene is important and should be started the day after surgery. Brush your teeth well and begin rinsing with warm water with a pinch of salt added. Do this several times a day, especially after eating. This keeps the surgical site clean and free from food.
- F. If lower wisdom teeth are extracted, on the fifth day after surgery, start using the clear syringe provided to gently rinse out the extraction sites with saltwater, or plain water. Do not do this aggressively.
- G. If medication is given intravenously (injected in the vein of arm or hand) you may expect some tenderness or bruising around the site of injection. Moist heat (wet cloth) or dry heat (heating pad) on low heat to the area the next day will ease discomfort.
- H. After your procedure, you may resume taking all regularly prescribed medications as ordered unless otherwise instructed by your provider.
- I. If the sinus is entered during surgery, you will be informed by the doctor or nurse. In this case, please follow instructions below also:
 - 1. NO nose blowing for one week.
 - 2. NO blowing a wind instrument for one week.
 - 3. Take all prescribed medications as directed.
 - 4. If you feel air flow at the extraction site, please call.

Alpine Oral & Facial Surgery