## WHAT YOU MAY EXPERIENCE:

The following may **or** may not happen. Feel free to contact us if any doubt arises as to your progress and recovery.

- Trismus (tightness) of the muscles may cause difficulty in opening the mouth
- You may have a slight earache
- A sore throat may develop
- Numbness about the corner of the mouth on the side from which the tooth was removed may develop. This is called "parasthesia" and is a temporary condition which will correct itself. It may persist for a few days to several months.
- Your other teeth may ache temporarily. We refer to this as sympathetic pain and it is a temporary condition.
- If the corners of the mouth are stretched, they may dry out and crack. Your lips should be kept moist with a cream or ointment.
- During the healing process, small bone fragments may loosen and work through the gums. These fragments which are not roots, usually work out on their own accord, but if they are annoying call us.
- There may be a slight elevation in temperature for 24-48 hours. If this continues, notify us.

## WHEN TO CALL THE OFFICE:

Please call our office if you experience any of the following or have any questions and/or concerns:

- Vomiting
- Generalized rash or itch
- Bloody or persistent diarrhea
- Increasing pain or swelling after the 3rd day
- Fever greater than 101 degrees
- Foul taste or discharge in the mouth

*Last Rev Date-20 May 2006*

## THINGS TO AVOID

During the recuperation period **AVOID** the following:

- Active chewing while your mouth is still numb
- Spitting **and** Rinsing hard for (1) day
- Using a straw **and** any hard sucking action
- Carbonated (fizzy) drinks
- Smoking **and** Alcohol for (3)days after extractions and (7) days following any grafts
- Hot liquids **and** Hot food for (1) day
- Crunchy foods (i.e. chips, nuts, popcorn, etc)
- Electric toothbrush
- Over-the counter mouth rinses

## NOTES:

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**Roberts Family Dental, P.C.**
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# Roberts Family Dental

**"How May We Brighten Your Smile?" ™**

## Post-Operative Instructions for Oral Surgery Extractions Bone Grafts and/or Periodontal (Gum) Surgery

**Office Phone Number**
**(404) 243-0217**

**Urgent Care Phone Number**
**770-902-0768**

**24 Hour Emergency Phone Number**
**911**

## Post-Operative Appointment:

***One (1) week following surgery***

**Patient:**_____
**Date:**_____
**Time:**_____

## MEDICATIONS

**Pain Medication:**

Take your pain medication as directed following the directions on the Rx bottle label.

Begin taking your pain medication at _____ so that it has time to take effect prior to the numbing medicine administered in the office during the procedure, wearing off; and then continue to follow the directions on the Rx bottle label.

Pain medication can sometimes cause an upset stomach; therefore, it is best to take pain medication with food. Any medication which may upset your stomach should be taken with tall hot drink. You should rest (minimize movement) when taking narcotic pain medications.

**Antibiotic Medication:** Begin your taking your antibiotic medication at_____, and then continue to follow the directions on the Rx bottle label.

**Mouth Rinse:** Begin the Chlorohexidine Mouth Rinse on _____, and then continue to rinse for thirty (30) seconds twice daily (2x) for ___ _____ weeks.

**Additional Instructions:**

_____
_____
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## BLEEDING

A certain amount of bleeding is to be expected following the procedure. Blood tinted saliva may be seen for about thirty-six (36) hours.

Bite firmly on gauze for two (2) hours after your surgery. This allows a clot to form, insuring proper healing. You may change out the used gauze for fresh gauze every hour. However, if the bleeding continues after two (2) hours, removed the used gauze, and replace it with one (1) standard (non-herbal) tea bag, slightly moistened directly over the socket for at least thirty (30) minutes. Keep it in place with moderate biting pressure. It may be necessary to repeat this procedure. Should the bleeding continue after this, please call our office immediately. Forceful spitting and excessive physical activity tend to prolong bleeding, as does bending over and picking up objects. A semi-reclining position and rest for the first (1st) few hours is recommended.

**DO NOT Disturb the Blood Clot:** Its grayish or yellowish appearance and/or slight odor do not indicate an infected condition rather that the site is healing. Keep fingers, tooth picks, or other matter that may cause infection, or dislodge the clot, out of the mouth. Keep your tongue away from the site.

## MOUTH RINSING AND ORAL HYGIENE

Vigorous mouth washing may stimulate bleeding by breaking the clot(s) which have formed. Therefore **DO NOT** rinse the mouth for twenty-four (24) hours following the extraction(s). One (1) day after surgery, begin rinsing your mouth gently with warm (not hot) salt water. [One (1) rounded teaspoon of salt in a tall glass of warm water] Allow the salty water to remain in the mouth for thirty (30) seconds. **DO NOT** rinse vigorously. Rinse four (4) times daily for five (5) days. You may also begin brushing and flossing all your teeth to remove plaque. Please use fluoride toothpaste and avoid over-the counter mouth rinses.

## SWELLING

Apply an ice bag to the side of your face where the surgery was performed to help reduce the swelling. Apply an ice pack to the face over the procedure area [twenty (20) minutes on, then twenty (20) minutes off] **FOR THE FIRST (1st) DAY ONLY**.

Some swelling and discoloration of the skin are common and need not cause alarm. Swelling is to be expected and often peaks on the third (3rd) day.

However, should the swelling continue to enlarge after that time or if the swollen area is hot/red (not red from the contact of the ice bag to your skin, but infection or fever), contact our office immediately. Normal swelling may last for seven (7) to ten (10) days. Sleeping with your head elevated (an extra pillow or two), can help reduce swelling and discomfort.

## STITCHES

You may have stitches/sutures that will dissolve on their own or stitches/sutures that need to be removed in one (1) week. Sutures that need to be removed will be taken care of at your post-operative appointment.

## ALCOHOL AND SMOKING

All **Smoking and/or Alcohol** consumption should be avoided for three (3) days after extractions or seven (7) days after any grafts.

## DIET

It is important to maintain a good diet. A liquid to soft diet is advisable for the first day or so. Please **DO NOT** eat, drink or rinse your mouth for three (3) hours after surgery. Avoid active chewing while your mouth is still numb.

After three (3) hours, begin eating liquid to soft diet and then advance to a regular diet as tolerated. Avoid very hot food and hot drinks for one (1) day. During the next two (2) days drink 1-½ times as much fluid as you usually drink. Avoid foods likely to get caught in the surgery site or tear the stitches such as chips, nuts, rice, popcorn, etc.

If you have had a periodontal (gum) graft, please have only liquids for the first (1st) week following the surgery, then soft, semi-liquid foods for the second (2nd) and third (3rd) weeks.