



GUYETTE

Facial & Oral Surgery Center

1. Following tooth removal, bite firmly on the gauze until normal feeling returns to your lips and tongue. Once the feeling returns, remove the gauze and drink or eat something light. You may then take medication. If you are able to take Ibuprofen, take over-the-counter Ibuprofen (Advil, Motrin) 200 mg tablets, 3 tablets, 4 times a day for 3-7 days. Children may take 200mg tablets, 2 tablets, four (4) times a day based on weight. Take antibiotics and prescription medication, if prescribed, as directed on the bottle. You may take the Ibuprofen alone or take the prescription pain medication with Ibuprofen at the same time, if necessary.
REMEMBER: Be sure to eat before taking your medication. Do not drive for 4 hours after taking prescription pain medication.
2. Do not replace the gauze packs unless you have abundant bright red bleeding. Slight "oozing" is normal and can continue throughout the day and into the night. Persistent bleeding can be stopped by placing a moistened tea bag on the wound and biting down firmly for approx. 90 minutes without changing. Please call our office if you have tried these measures and they are unsuccessful.
3. Smoking increases the risk of a dry socket as well as delays healing. It is strongly recommended that you discontinue smoking for at least 7 days following oral surgery.
4. For the first 24 hours, do not rinse your mouth. Do not use a straw for one week. Doing either of these can dislodge the blood clot. If this happens, a "dry socket" can develop, which can increase pain. After 24 hours, rinse with a mild salt water solution (1/2 tsp salt to a glass of warm water) to aid healing. Gently allow the salt water to fall out of your mouth, do not spit. You can gently brush and floss your teeth the night of the surgery. **ON DAY SEVEN**, begin to gently irrigate the surgery site(s) with a syringe, 4 times a day, until the wound has closed.
5. Swelling is the normal body response to surgery. In some instances, medication is given before surgery to minimize swelling. Cold packs, such as frozen bags of peas or crushed ice, can be used for the first 24 hours, 20 minutes on, 20 minutes off. Head elevation is also helpful for the first 3-4 days. Laying flat or bending over can increase swelling.
6. Adequate nutrition is very important. The evening of surgery, you may eat soft foods, such as pasta, fish, chicken, mashed potatoes, oatmeal, eggs, soup, protein shakes, Ensure, instant breakfast, pudding, yogurt, ice cream, smoothies, cottage cheese, macaroni; to name just a few. Avoid foods with seeds, popcorn, rice, etc.
7. Dry Socket: Should the blood clot become dislodged, bone, which held the tooth in place, is exposed. This causes a constant aching type of pain which usually begins 3-5 days after surgery. If you are initially doing well but then develop severe, persistent pain, contact our office. A dry socket is treated in our office with placement of a medicated packing. This packing is changed every 2-5 days for a total of 7-10 days. Dry sockets are not infections and do not influence the long term healing process.
8. Activity: Light exercise, such as evening walks can begin the day following surgery, but do not lift heavy objects, bend, or return to strenuous activity for at least one week. Returning to normal activity will depend on your age and the extent of the surgery.
9. Resume wearing orthodontic retainers the night of oral surgery unless painful. If wearing a retainer or other removable dental appliance causes soreness, wait one or two days and try again.
10. **If a bone graft was placed** into the extraction site (for later dental implant placement) expect that a few bone particles will escape over the next several days. A tan color membrane is placed over the extraction site to hold the particles in place. This membrane and the sutures will dissolve over the next two weeks. Gently rinse (do not use an irrigating syringe) with salt water twice a day for 2-3 weeks after 24 hours in addition to normal brushing and flossing.