

## Post-Procedure Instructions for Teeth Removal

\*Please read BOTH SIDES of this sheet carefully.\*

Sometimes the after-effects of dental procedures are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt, follow these guidelines or call our office for clarification at **(480) 279-5949**.

The first 2 days after surgery are generally the most uncomfortable and there is usually some swelling. On the 3<sup>rd</sup> day, you should be more comfortable, although still swollen. **The remainder of the post-procedure recovery should be a gradual, steady improvement.** If this is not the case, call our office.

### Day One (Day of Procedure)

**General Care:** Do not disturb the procedure area today. Do **NOT** rinse vigorously or probe the area with any objects. **DO NOT SMOKE, SUCK THROUGH A STRAW OR CREATE ANY NEGATIVE PRESSURE IN YOUR MOUTH for one week**, as this is VERY detrimental to healing and may cause a dry socket.

**Bleeding/Oozing:** Intermittent bleeding or oozing is normal. Bleeding may be controlled by placing fresh gauze over the areas and biting on the gauze for 2-3 hours at a time. Bite down gently, but firmly on the gauze packs that have been placed over the extraction areas. Make sure they remain in place, and do not change them for the first hour unless the bleeding is not controlled. The gauze may be gently removed after one hour. If active bleeding persists, place enough new gauze to obtain pressure over the extraction site for 2-3 hours or until it is fully saturated with blood. Continue this process until the bleeding stops. Once bleeding stops, it is not necessary to continue biting on the gauze.

Bleeding should never be severe. If so, it usually means that the packs are being clenched between teeth only and are not exerting pressure on the extraction areas. Try repositioning the packs to ensure pressure is over the extraction site. If bleeding persists or becomes heavy you may **substitute a tea bag for the gauze**. Soak the tea bag in hot water for a few minutes, squeeze the tea bag and then damp-dry it and wrap it in moist gauze for 20-30 minutes. If bleeding remains uncontrolled, please call our office or Dr. Wilson.

**Food:** If you eat regularly you will feel better, gain strength, have less discomfort and heal faster. Please confine the first day's intake to liquids or pureed foods (soups, puddings, yogurt, milk shakes, etc). Avoid extremely hot foods and **DO NOT USE A STRAW** for the first week following surgery.

**Pain Medication:** Unfortunately, dental procedures can be accompanied by some degree of discomfort. You will usually have a prescription for pain medication. **If you take the first pill before the anesthetic has worn off, you should be able to better manage any discomfort.** The stronger pain medicine may cause nausea, but if you precede each pain pill with food, chances for nausea will be reduced. Effects of pain medication vary widely among individuals. If you do not achieve adequate relief at first, enhance your pain relief with an analgesic such as ibuprofen, as directed by Dr. Wilson. Remember that the most severe pain is usually within six hours after the local anesthetic wears off; after that your need for medicine should lessen. **If you are still in a lot of discomfort after taking the prescribed pain medication, please call our office.**

**Swelling:** Swelling is often associated with oral dental procedures. It can be minimized by using a cold pack, ice bag or a bag of frozen peas, wrapped in a towel and applied to the cheek adjacent to the extraction area. This should be applied for 20 minutes on and for 20 minutes off.

**Oral Hygiene:** You should maintain a clean mouth to ensure proper healing. You may brush your teeth gently, but take care to avoid the extraction area(s).

If you were prescribed an oral rinse, begin using it on the day of your procedure. Use it twice a day, morning and evening, for one week.

After you eat, rinse with a salt-water solution. Use ¼ teaspoon of salt dissolved in an 8oz. glass of warm water and gently rinse with portions of the solution, taking 5 minutes to use the entire glass. Do this for one week.

## Day Two

Continue with instructions for Day One. As pain lessens, you may find that an analgesic, such as ibuprofen, will be enough to manage the pain.

## Day Three

**Extraction Site Cleaning:** Begin using the syringe to clean the extraction site. Fill the syringe with warm water, pull your cheek to the side and place the tip of the syringe into your extraction site and irrigate the site until the water comes out clean. This will help to ensure the extraction site remains healthy. This may take a few times and it may be uncomfortable the first time. However, it is very important to keep these areas clean to minimize the chance of an infection. Follow this irrigation process 2-3 times a day, especially after you eat. Continue to use the syringe for a few weeks until the extraction site closes completely.

**Bleeding/Oozing:** You may still have slight red-tinted oozing from extraction site. This is normal. If the bleeding is severe, please call.

**Food:** Beginning on the third day, you may eat more solid foods such as mashed potatoes, pasta, and well cooked vegetables. We recommend anything you can smash with a fork. Avoid foods such as nuts, sunflower seeds, popcorn, etc., which may get lodged in the socket areas. Over the next few days you may gradually progress to solid foods. Continue to avoid using a straw until 1 week after your procedure.

**Pain Medication:** You still may have some discomfort, although less severe. If you are still taking the prescribed pain medication, try substituting with an over-the-counter analgesic, such as ibuprofen. Take the ibuprofen until no longer needed for pain.

**Oral Hygiene:** Continue to maintain a clean mouth by brushing regularly, but avoid brushing the extraction site until it has healed. Continue using the prescribed oral rinse and the salt-water rinse until 1 week following your procedure.

## Miscellaneous Information

**Nausea:** Nausea occasionally occurs after an extraction. Frequently, pain medications are the cause. This can be reduced by preceding each pain pill with a small amount of soft food, and taking the pill with a large volume of water. If this is not helping the nausea, please contact our office or Dr. Wilson to help manage this symptom.

**Sharp Edges:** If you feel something hard or sharp in the extraction areas, it is likely that you are feeling the bony walls which once supported the extracted tooth or teeth. Occasionally, small slivers of bone may work themselves out during the following week or so. If they cause concern or discomfort, please call our office for management.

**It is our desire that your recovery be as smooth as possible. These instructions should help you with the care and management required following your procedure. If you have any questions about your progress, please do not hesitate to call the office or call Dr. Wilson's cell phone and we will be happy to assist you.**