

POST-OPERATIVE EXTRACTION INSTRUCTIONS

Dr. Scott Sahf's Phone: 828-243-9121

Home care following Oral Surgery is important and recovery may be delayed, if this is neglected. Some swelling, stiffness and discomfort is to be expected after surgery. If this is greater than expected, please call or return for care.

THE DAY OF SURGERY (first 24 hours)

Bleeding:

1. Keep gauze pack in place for 30-60 minutes with constant, firm pressure. Do not chew on the gauze.
2. Replace gauze pack, as directed.
3. Keep head elevated and rest quietly.
4. Use an ice bag on the face, if so directed.
5. Some oozing of blood and discoloration of saliva is to be expected and is considered normal. You may want to use a dark towel over your pillow the first night to help prevent getting any blood on your pillow.

Pain:

1. Take prescribed tablets for pain, or rest, if needed. **Please see the other side of this paper for directions on Advil.**

General:

1. Your jaw may be sore for the first few days.
2. Place a dark towel on your pillow to prevent blood staining it.
3. Do not brush the areas where the teeth were removed.
4. If bleeding seems excessive, place a moist (not dripping) tea bag on extraction site for 30 minutes.
5. Do not eat any hard foods for the first 48 hours.

Avoid:

1. Sucking on the wound.
2. Spitting.
3. Using a straw to drink with.
4. Smoking, dipping or chewing tobacco.
5. Strenuous exercising.
6. Rinsing with salt water or mouthwashes.
7. Carbonated drinks.
8. Alcohol.

FROM THE SECOND DAY UNTIL HEALING IS COMPLETE

1. You may eat soft or regular food, as tolerated. No hard foods for the first 48 hours.
2. Continue with tablets for pain and rest, if needed.
3. If sutures were placed for the operation, return as directed for their removal.
4. After meals, brush away from the extraction site, using a finger on the extraction site.

FROM THE THIRD DAY UNTIL HEALING IS COMPLETE

1. If swelling is present at this time, use heat, as directed. You usually get the maximum swelling at 1-2 days after the surgery.
2. If there is increased swelling, pain, fever, difficulty swallowing or continued inability to open the lower jaw, please call Dr. Sahf at the number listed above.
3. After meals, brush everywhere being gentle around the extraction site/s.
4. After meals, add a teaspoon of table salt to an 8 oz glass of water, "luke warm," and use several times as a gentle mouthwash. Do this for one week.

IMPORTANT

Sedation and similar medications:

If you have been given a sedative or drugs such as valium or narcotics, it is essential that you **do not drive a car or engage in any type of activity requiring normal reflex reaction**, such as working with power tools, going up and down stairs, working around open flames or a hotplate. **Be careful of dizziness**-move slowly. Sudden position changes can cause nausea. **Do not make important decisions. Do not drink alcoholic beverages**-combinations of depressant drugs can be fatal. **These precautions also apply to prescription pain medications.** Make sure you know how this medicine affects you before you drive, use machines, or other jobs that could be dangerous if you are not alert and clear-headed. If you have any questions, please call us.

Medication for discomfort or pain

1. Take 400 to 800 mg of Advil or Ibuprofen three times (after appointment, before bed & the next morning) as long as:
 - You are not allergic to NSAIDS (i.e. Aspirin, Aleve, Advil, Ibuprofen)
 - Your health permits and you can take NSAIDS
 - You are not taking medications that require you to take something other than NSAIDS.
2. Tylenol
 - Only take this if you cannot take Advil and then follow the dosage as described on the bottle.

Advil or Ibuprofen relieves pain better than Tylenol after a dental procedure because it reduces inflammation where Tylenol does not.

Diet advice following an extraction

Solids

Ice Cream (No nuts or small candy pieces)
Milk Shakes (**Do Not Use a Straw**)
Jell-O
Pudding
Mashed Potatoes and Gravy
Macaroni and Cheese
Yogurt

Liquids

Fruit Juices
Water
Milk
Very lukewarm beverages
Gatorade
Ensure Nutritional Drink
Carnation Instant Breakfast

Remember: Law of gravity - everything goes down. You may experience food getting trapped in the sockets. If you should have any questions or problems, please contact our office at any time.