

Brown Family Dentistry

SURGICAL INSTRUCTIONS FOR HOME CARE AFTER TOOTH EXTRACTION

Bleeding

A certain amount of bleeding is to be expected following surgery. Place a gauze pad over the area and bite firmly for thirty minutes. Repeat if necessary. If bleeding continues, bite on a moistened, squeeze-dried tea bag for sixty minutes. Repeat as necessary. To minimize bleeding, do not become excited or sit upright, and avoid exercise. If bleeding does not subside, go to local emergency room.

Swelling

Swelling around the mouth, cheeks, eyes, and sides of face is not uncommon. This is the body's normal reaction to surgery. Swelling increases the day following surgery and will typically reach its maximum 2-3 days after surgery. Place ice packs to the sides of the face where surgery was performed 30 minutes at a time over a 24 hour period. This will help to minimize swelling.

Pain

For moderate pain:

- Motrin 200 mg tablets, take 3 tablets every 6 hours
- Aleve 225 mg tablets, take 3 tablets every 8-12 hours

For severe pain take the prescribed pain medication. Do not drive an automobile or work around heavy machinery while taking prescription pain medication. Avoid alcoholic beverages.

If pain persists for more than 3 days, it may require attention and you should call the office.

Diet

Do not drink liquids through a straw. This will dislodge the blood clot and increase your risk of dry socket. You may eat anything soft by chewing away from the surgical site. Drink plenty of fluids to prevent dehydration.

Keep your mouth clean

No rinsing or spitting of any kind should be performed until the day after surgery. You can brush the night of surgery, but rinse gently. The day after surgery you should begin rinsing at least 5-6 times a day with warm salt water.

Possible complications

Numbness of the lip, chin, or tongue is not uncommon and is usually temporary in nature. Swallowing may be painful for 2-3 days. Stiffness of the jaw may also occur making it difficult to open your mouth. This will resolve itself within 2-3 days.

Slight elevation of temperature is not uncommon. Take Tylenol to reduce the fever.

Occasionally, patients may feel hard projections in your mouth. These are bone spurs and usually work themselves out. If they do not come out on their own, call Dr. Brown to have them removed.

Do not smoke for 3 days following surgery. Doing so will cause the blood clot to come out prematurely resulting in dry socket. This is a very painful condition that requires additional treatment.