



Immediate Postoperative Care – Extractions/Bone Graft

Bleeding

Bleeding after surgery may continue for several hours. The best way to stop bleeding is to fold 2 pieces of damp gauze over the extraction site and gently bite for 30-60 minutes making sure pressure is being applied to the extraction site. Rest quietly with your head elevated. If bleeding continues, use gauze for an additional 30 minutes. Bleeding should always be evaluated by looking directly at the surgical site. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem.

Swelling

Swelling is the body's normal reaction to surgery and healing. The swelling will not become apparent until the day following surgery and will not reach its peak for 2-3 days. After this time, the swelling should decrease but may persist for 7-10 days.

Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24 hours. After 48 hours, begin use of a warm, moist compress to the cheek.

Pain

Unfortunately, most oral surgery is accompanied by some degree of discomfort. If you do not have an allergy to non-steroidal anti-inflammatory medications like Ibuprofen (Motrin, Advil) we recommend taking this prior to the local anesthetic wearing off. More severe pain may require a narcotic pain medication. Alternate Ibuprofen and the narcotic medication. First, take narcotic medication then a couple of hours later take 400mg (2 tablets/200mg) of Ibuprofen. (Ibuprofen dosage may vary for younger patients. Please reference bottle for appropriate dosage based on height and weight.) Alternate these medications as prescribed. While taking a narcotic pain medication you may not drive or operate mechanical machinery. The prescribed pain medication will make you drowsy. Once you feel like you can stop the narcotic, Use Ibuprofen or Tylenol. All medications should not exceed the recommended dosage.

*Note: If you are taking Plavix or Coumadin, do **NOT** take Ibuprofen or Aspirin products.

Discomfort should subside daily. If not, please call our office.

Dry Sockets

If a dry socket occurs (loss of blood clot from sockets) there is a constant pain that may radiate to other areas including ear, jaw, and teeth. Symptoms of a dry clot do not typically occur until the 5th to the 7th day after the procedure. If you do not have improvement during the first few days following the procedure, call the office. A medicated dressing may be placed, or a medicated syringe may be given if the medications taken by mouth do not resolve the discomfort.

To help prevent a dry socket avoid vigorous rinsing, sucking on the wound, spitting, using a straw, smoking, and exercising for 2-3 days after procedure. You may gently rinse your mouth with a dilute mouth rinse of your choice after one day.

Diet

After general anesthetic or I.V. sedation, start with liquids. While numb, patients should avoid hot liquids or foods. Patients may have applesauce, pudding, or jello. Once the numbness wears off, patients can progress to

solid foods, chewing away from the surgical sites. Patients should avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the socket areas.

Fainting Precaution

If you suddenly sit or stand from a lying position you may become dizzy, especially if you have not eaten or have had limited fluids. Therefore, immediately following surgery, if you are lying down, make sure to sit at least one full minute before standing.

Oral Hygiene

Do not use water-pick or electric toothbrush for at least 6 weeks after the procedure. After that, it should be OK. Do not floss around the tooth/teeth worked on for 1 week, so you don't accidentally take out any of the stitches. After 4 weeks, there should be no oral hygiene restrictions, except for water-picks or electric toothbrushes as noted above.

Activity

For the first 48 hours you should rest and relax with no physical activity. After 48 hours, you may resume activity as tolerated.

Healing

Bad breath is common and will disappear as healing occurs. Two to three days following surgery, white, possible hard tissue may be seen in the surgical site. This signifies normal, healing tissue. Complete healing of the extraction site may take 6-8 weeks.

Stitches and "Barrier membrane"

The stitches and barrier membrane over the extraction site are usually non-dissolvable and will need to be removed in about 10-14 days if used. Some stitches will dissolve on their own and our team will advise you if necessary to return.

Antibiotics

If an antibiotic is prescribed, take the tablets or liquid as directed. Take the entire prescription until gone. Antibiotics can be given to help prevent infection. Make sure to call the office if a rash or other unfavorable reaction occurs.

Foods to drink and eat while numb

Drink:

- Water
- Juice
- Ice chips
- Popsicles
- Protein Drinks

Eat soft foods when numbness is gone:

- Applesauce
- Jell-O
- Pudding
- Yogurt
- Mashed Potatoes
- Milkshake (no straw)
- Pasta
- Eggs
- Pancakes
- Creamed Cereals
- Soups (not too hot)

Increase Diet as Tolerated