

# TIM SILEGY, D.D.S.

ORAL AND MAXILLOFACIAL SURGERY

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## POST-OPERATIVE INSTRUCTIONS FOR DENTAL EXTRACTIONS

### BLEEDING

Bite down firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Do not change them for the first twenty minutes unless the bleeding or oozing is not being controlled. It may be controlled by placing fresh moist gauze over the surgical areas and biting down firmly for 30 minutes. If bleeding persists, bite down on a moist tea bag in a similar fashion. If bleeding remains uncontrolled, please call our office.

### CARE

Do not disturb the surgical area today. **DO NOT** rinse with mouthwash, salt water, or hydrogen peroxide for at least one week. Do not probe the surgical area with any objects or your fingers. You may brush your teeth gently. No rinsing with water or spitting for one week, you may have dissolvable stitches. Avoid using straws and carbonated beverages. **DO NOT SMOKE** for at least 48 hours, as it is very detrimental to healing and may lead to a dry socket.

### NAUSEA

Nausea is a common side effect of narcotic pain medications. Taking your pain medication after meals will prevent or reduce any nausea that you may experience. It is very important not to swallow blood. Therefore, it is important to follow the instructions concerning bleeding.

### PAIN

Unfortunately, most oral surgery is accompanied by some degree of discomfort. **If you take your first dose of pain medication before the anesthetic has worn off, you will be able to better manage your discomfort.** Avoid taking aspirin for pain. Pain that intensifies 3-5 days after surgery is usually caused by a dry socket. If this occurs, please call the office, as dry sockets are best managed by placing medicine directly into the extraction site.

### SWELLING

Often there is some swelling associated with oral surgery. You can minimize this by using a cold pack or ice bag wrapped in a towel and applied to your face or cheek adjacent to the surgical area for 48 hours; frozen peas or corn work well also. Avoid sleeping or lying on your side instead, keep your head elevated with two pillows.

### DIET

Eat any nourishing food that can be taken with comfort. Temperature of the food doesn't matter, but avoid extremely hot or spicy foods. Suggested food after surgery is **mashed potatoes**. Day 2 or 3 you may have over-cooked pasta such as macaroni and cheese, milk shakes (no straws), jello, puddings, baby food, yogurt or ice cream. **You MUST avoid popcorn, chips, nuts, rice, oatmeal and foods containing seeds for 4 weeks.** No carbonated beverages for one week. It is important not to skip meals. If you eat regularly you will feel better and heal faster. If you are diabetic this is especially important. Avoid alcoholic beverages especially when taking medications.

### ADDITIONAL CONDITIONS

You may experience the following: stiffness of the muscles and jaw joints, bruising on the outside of the face and neck, numbness in lip, chin or tongue on the side of the surgery area. The area of injection in the arm may be tender for several days and may appear bruised. Please do not engage in strenuous activity (such as sports or exercising) for 72 hours. Do not bike or drive a car for at least 24 hours.

By signing below, I am acknowledging that I have been informed of all post-operative instructions.

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Signature of Patient's Ride

Date