Great Oak Dental

POST OPERATIVE INSTRUCTIONS FOLLOWING THE EXTRACTION

1. Apply pressure to the extraction site by biting firmly on a gauze pad for 20 min. or longer to control the bleeding.
2. During the first 24hrs following the extraction:
   - Do NOT suck through a straw, do not spit
   - Do NOT drink any alcoholic beverages
   - Do NOT rinse your mouth or swish fluids
   - Do NOT disturb the extraction site in any manner
   - Do NOT do strenuous work or exercise
3. **Swelling of the side of your face may occur-** To reduce the possibility of swelling; an ice pack can be place against the face for 20 minutes on, 20minutes off, for the remainder of the day. Once swelling goes down change to a warm pack.
4. **Stiffness in the jaws-** Because of the normal post-operative swelling, you should expect difficulty in opening your jaw for a few days
5. **Loosening of fillings or teeth-** Occasionally, during the removal of wisdom teeth, and adjacent filling or tooth may be Loosened and will need to be replaced. Loosening of the tooth will usually be only temporary and the sensitivity associated with this will pass with time.
6. **Dry Sockets-** Do not disturb the blood clot that fills the wound after an extraction. In a few days the blood clot will change to a yellowish or grayish appearance and have a slight odor, this does not indicate an infected condition. For some unknown reason, a blood clot is sometimes rejected or dislodged during the healing of the tooth socket after surgery; if you experience an acute pain from the extraction site within the first 1-2 days, you may have a dry socket. Contact the office.
7. **Numbness or Tingling in the Skin or Jaw-** This is not common, but may occur because some bruising/injury of the nerve in the lower jaw may be unavoidable in removal of the third molar. This nerve is the main trunk nerve of the entire wisdom tooth, and this accounts for its occasional involvement in dental surgery. The nerve usually repairs itself slowly, and the feeling gradually return to normal in the affected area.
8. **Sinus Opening-** Occasionally the upper posterior teeth are separated from the maxillary sinus only by the paper-thin thickness of bone. In such cases, an opening into the sinus from upper molars removal may be unavoidable. The sinus will heal itself in a couple of days.
9. Sleep with an extra pillow to help minimize swelling.
10. There may be slight bleeding for several hours. Bite down on a moistened teabag placed over the surgical site for 10 minutes of hard pressure, if bleeding persists at home. If your feel the bleeding is excessive, contact this office or ER after office hours.
11. You may experience pain for some time following the extraction. If so, you may take the prescribed medication or an over-the-counter pain medication such as ibuprofen or Tylenol as often as every four hours, but do not exceed the recommended doses.
12. Diet- Avoid spicy or acidic food. It is best to be on soft food diet following extraction for comfort. Chewing should be done on the side opposite the extraction site until the tenderness has subsided.
13. You may rinse your mouth with warm salt water (one-half teaspoon of table salt in a glass of water) 3-4 times a day.
14. If silk sutures have been placed, they will need to be removed in five days.
15. Do not smoke for 7 days. Doing so increase the risk of a dry socket.

Diet:
Eat whatever you wish; you may prefer soft or liquid foods for your own comfort. Avoid foods that are hard and chewy, acidic, or spicy. For your comfort, soft food diet for the next couple days following extraction is suggested. Carbonated drinks (coke, sprite, etc) may dislodge the clot or irritate the gum tissue.

Denture Patients:
Try not to remove your denture for 24 hours after surgery because it serves as a splint, promotes healing, and control bleeding and swelling. After the first 24 hours, you can remove the denture and rinse it off and rinse your mouth out. It is important that you return to the dentist 1-2 days after your surgery if any adjustments are needed.