

LY N DENTAL IMPLANTS AND ORAL SURGERY

DENTAL EXTRACTIONS (AND WISDOM TEETH)

Immediately Following Surgery:

- The gauze pad placed over the surgical area should be kept in place for a half hour. After this time, the gauze pad should be removed and discarded.
- Vigorous mouth rinsing or disturbing the wound area following surgery should be avoided. This may initiate bleeding by causing the blood clot that has formed to become dislodged.
- Take the prescribed pain medications as soon as you begin to feel discomfort. This will usually coincide with the local anesthetic wearing off.
- Restrict strenuous activity for 48 hours or resume normal activity when you feel comfortable.
- Place ice packs to the sides of your face where surgery was performed.

Bleeding

A certain amount of bleeding is expected following extractions. Slight bleeding, oozing, or redness in the saliva is common for 24 hours. Excessive bleeding may be controlled by first rinsing or wiping any old clots from your mouth, then placing a gauze pad over the area and biting firmly for thirty minutes. Make sure to use your "gums" to bite, and avoid biting the gauze pack with your teeth (this is ineffective pressure). If bleeding continues, bite on a moistened tea bag (any kind of tea bag) for thirty minutes. The tannic acid in the tea bag helps to form a clot by contracting bleeding vessels. Bleeding will reoccur with increased blood pressure (getting excited, sitting upright, and exercising). If bleeding does not subside, call for further instructions. Bleeding becomes more concerning if the whole gauze pad is completely red and saturated (no areas of white gauze).

Swelling

Facial swelling is usually proportional to the amount of surgery performed. Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. Swelling may not become apparent until the following day and usually will reach its peak after 3 days post-operatively. **Swelling may be minimized by the immediate use of ice packs.** Frozen vegetables provide a nice alternative, since they will mold or contour to your face. The ice packs should be left on continuously while you are awake. After 3 days, ice tends to have no benefit.. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery. Three days (72 hours) following surgery, the application of moist heat to the sides of the face is beneficial in reducing the size of the swelling and speeding up healing.

Pain

For moderate pain, two tablets of Extra Strength Tylenol (*Acetaminophen*) (500 mg) may be taken every 6 hours, and/or three tablets of Advil/Motrin (*Ibuprofen*) (200 mg) tablets may be taken every 6 hours. Tylenol and Motrin can be taken simultaneously, and do not have adverse interactions.

For severe pain, we may have prescribed opioid pain medication (likely tylenol 3 with codeine, or Norco with hydrocodone). Please take the tablets as directed. Opioids are narcotics and can have severe side effects if not used wisely. They can make you groggy, slow down your reflexes. Do not drive an automobile or work around heavy machinery. Avoid alcoholic beverages. Narcotics may make you itchy, constipated, or nauseous.

Pain or discomfort following surgery should subside more and more every day. If pain starts to get worse, it may require attention and you may call the office.

Diet

After general anesthetic or I.V. sedation, liquids should be initially taken. Straws are OK to use. The sucking motion can cause more bleeding or a dry socket, if done aggressively. A thick milkshake or smoothie is better eaten with a spoon. You may eat anything soft by chewing away from the surgical sites. High calorie, high protein intake is very important to give you the building blocks for healing. Dehydration is common after oral surgery, so be extra good about drinking fluids. Your solid food intake will be limited early after surgery and you should compensate for this

by increasing your fluid intake. At least 5-6 glasses of liquid should be taken daily. Try not to miss a single meal. You will feel better, have more strength, less discomfort and heal faster if you continue to eat.

Keep the mouth clean

Only gentle rinsing should be performed following surgery. You can brush your teeth the night of surgery if comfortable. The day after surgery you should begin rinsing with a cup of warm water + teaspoon of salt (5-6 times a day) especially after food or fluid intake.

Bruising

Bruising is not uncommon after oral surgery - this will go away. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This can be a normal response, and may even happen a couple of days after surgery. Moist heat applied to the area may speed up the removal of the discoloration.

Antibiotics

If you have been placed on antibiotics, take the tablets or liquid as directed. Antibiotics will be given to help prevent infection. Discontinue antibiotic use in the event of a rash or other unfavorable reaction. Call the office if you have any questions.

Nausea and Vomiting

In the event of nausea or vomiting following surgery, do not take anything by mouth for at least an hour including the prescribed medicine. You should then sip on coke, tea or ginger ale. You should sip slowly over a fifteen-minute period. When the nausea subsides you can begin taking solid foods and the prescribed medicine.

Other Complications

- Please call the office if the following day you continue to have numbness of the lip, chin, or tongue. Reminder, this is usually temporary in nature. Call Dr. Gupta if you have any questions.
- Slight elevation of temperature immediately following surgery is not uncommon. If the temperature persists, notify the office. Tylenol or ibuprofen can be taken to reduce the fever.
- You should be careful going from the lying down position to standing. You were not able to eat or drink prior to surgery. It was also difficult to take fluids. Taking pain medications can make you dizzy. You could get light headed when you stand up suddenly. Before standing up, you should sit for one minute then get up.
- Occasionally, patients may feel hard projections in the mouth with their tongue. They are not roots; they are the bony walls which supported the tooth. These projections usually smooth out spontaneously. If not, they can be removed.
- If the corners of your mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment such as Vaseline.
- Sore throats and pain when swallowing are not uncommon. The muscles get swollen. The normal act of swallowing can then become painful. This will subside in 2-3 days.
- Stiffness (Trismus) of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a common event which will resolve in time.

Finally

- Sutures may be placed in the area of oral surgery. They may become prematurely dislodged; this is no cause for alarm. Just remove the suture from your mouth and discard it. The sutures will usually dissolve within one week after surgery.
- If your post-surgical pain continues to worsen, or you have unusual symptoms please do not hesitate to call.
- There will be a socket (extraction hole) where the tooth was removed. The cavity will gradually over the next few days to weeks fill in with the new gum tissue. The area should be kept clean to prevent food getting lodged.
- Brushing your teeth is okay - do not brush where it hurts, but keeping plaque off your neighboring teeth helps prevent infection and dry socket.
- A dry socket is when the blood clot gets dislodged prematurely from the tooth socket. This is usually accompanied by moderate to severe pain which does not improve with pain medication. Clove oil can be helpful if you are unable to come into the office. This usually happens 4-5 days after a dental extraction, almost exclusively in the lower jaw.
- Wearing clear aligners (ex: Invisalign) or retainers are okay as long as they are not uncomfortable.
- If you are involved in regular exercise, be aware that your normal nourishment intake is reduced. Exercise may weaken you. If you get light headed, stop exercising.