



### Immediately Post-Surgery

- 1. BLEEDING:** bleeding is normal, however to help control the bleeding it is important that you keep firm, continuous pressure with a gauze pad (you may need one or more pieces folded up to create the needed pressure, especially if you are missing the opposing teeth). Keep the gauze pad in with firm pressure for at least 30 minutes. Do not check the gauze sooner than 30 minutes as this may tear the clot and induce more bleeding. If you find that after changing the gauze out 3 times (90 minutes), that you do not feel the bleeding has slowed please try a moistened tea bag (no green tea), as the herbs may help allow the clot to stabilize. Everyone's experience is different and a slight ooze or rosy colored saliva may persist for up to 24 hours after treatment (especially once you resume brushing and rinsing), however if you experience profuse continuous bleeding please call our office immediately.
- 2. PAIN:** Pain can be expected after surgery. The numbing medicine (local anesthesia) that was provided during treatment may last from 1-4 hours after treatment, however it is important that once you feel it is beginning to wear off (the pins and needles/tingling feeling) that you get pain medication on board to help decrease post-operative discomfort. We recommend starting with 600mg (3 tablets-each 200mg) of over the counter Motrin, Advil, or Ibuprofen every 6 hours then between your dose of Motrin, Advil, or Ibuprofen you may supplement with regular or extra strength Tylenol (acetaminophen) or if you are having more severe pain you may take your prescription pain medication as directed.
  - \* if you are taking a blood thinner you should not take the Motrin/Advil/Ibuprofen*
  - \* all medications should be taken with some food on your stomach, do not take medications on an empty stomach*
  - \* narcotic pain medications can be addictive and should be taken only for severe pain and under adult supervision, they may also cause negative side effects such as nausea/vomiting/constipation/dizziness/lightheadedness*
- 3. SWELLING:** Pain and swelling go hand in hand, so if we can minimize the swelling, we can limit the pain. The peak pain and swelling is generally 2-4 days after treatment. To help reduce swelling, keep your head elevated with an extra pillow or two while resting. Do not lay flat as this will increase the swelling and discomfort. As listed above Motrin, Advil, or Ibuprofen 600mg should be taken every 6 hours (for the first 3 days), this is not only to help reduce discomfort, but is also a great anti-inflammatory which will help keep the swelling to a minimum. Keep ice to the area (20 minutes on/ 20 minutes off while awake) for the first 72 hours (3 days). After the 3rd day change to a moist heat compress on the area with massage and stretching to get the jaw muscles moving again.



### Other Post-Op Considerations

- DIET:** for the first few days after surgery you should eat a soft diet (pudding, Jell-O, applesauce, eggs, yogurt, ice cream, soft/overcooked pasta, mashed-potatoes, pancakes). Be sure you are getting enough protein as this will help you heal and drink plenty of fluids. No straws for 7 days after surgery (as this could draw out the blood clot and lead to a dry socket) Avoid hard/chewy/crispy foods such as: chips/pretzels/nuts/popcorn/raw vegetables. After the 3rd or 4th day you may slowly begin advancing your diet and by about 1-2 weeks after surgery you should be back to a normal diet unless otherwise instructed by your doctor.  
*\* While still numb you should avoid any hot foods or beverages as you cannot tell temperature and could burn your lip/tongue; you should also avoid anything that requires chewing while numb as you could bite your lip/cheek/tongue.*
- BRUISING:** bruising may occur, however should resolve within 7-10 days after surgery.  
*\* If you take a blood thinner you may notice more significant bruising.*
- ANTIBIOTICS:** if prescribed antibiotics be sure to complete the entire dose as directed, unless you experience a true allergic reaction such as rash/hives/swelling in which case stop taking the medication immediately and contact us right away. In rare cases patients may develop a stomach issue such as severe, persistent and watery diarrhea; if this occurs, stop taking the medication immediately and contact us right away. To help decrease the risk of these stomach issues it is recommended that you take an over-the-counter probiotic (your pharmacist may be able to help recommend one)  
*\*If you experience a severe/life threatening reactions such as throat swelling or you are unable to breath, call 911 immediately.*  
*\*If you are on birth control medication, antibiotics may interfere with the effectiveness of the birth control and other contraceptive means should be used.*
- ORAL CARE:** no rinsing or brushing during the first 24 hours (as doing such may disturb the blood clots). After the first 24 hours you may resume brushing and rinsing your teeth. We encourage you to brush gently around the surgical site, do not avoid brushing the area as plaque and food debris will accumulate and increase risk of pain and infection. Keep fingers and tongue away from the surgical site. Rinse as instructed with the prescription mouth rinse for 7-10 days (the rinse may stain you teeth, generally only with use longer than 2 weeks, and tongue, however this is not permanent staining and can



easily be removed with a dental cleaning). Warm salt water after meals is also encouraged: ½ teaspoon of salt in 8oz. warm water

5. **DRY SOCKET:** dry socket is an unlikely complication of tooth extraction, but if it occurs can delay healing and cause significant pain that does not respond to pain medication. Ways to help avoid a dry socket include avoiding the following for 7 days: spitting, straws, smoking or vaping, sucking or drawing actions as these may cause the blood clot to become dislodged and lead to a dry socket. A dry socket typically occurs during days 3-5 of recovery. If you think you may be experiencing a dry socket please call us so we can help treat you.
6. **ELEVATED TEMPERATURE:** a mild increase in temperature 1-3 degrees is normal in the first few days after surgery, however if this persists or worsens please contact us.
7. **LIMITED OPENING:** within the first 1-2 weeks after surgery your mouth opening may be limited due to the swelling and inflammation around your jaw muscles. The warm-moist compress to the sides of the face after the 3rd day along with massage and stretching of the muscles (simply opening and closing the mouth) will usually allow you to get back to your normal opening within 1-2 weeks after surgery.

**We are always concerned about how you're doing afterwards, so if there are any questions regarding your instructions or medications, or feel that you need urgent medical attention during your recovery please call us right away at 724-260-5009 for the doctor hit option 2 she's on call 24 hours a day.**