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## **POST-OPERATIVE INSTRUCTIONS**

The extraction of erupted teeth or the surgical removal of impacted teeth requires special and important post-operative care. The following **MUST** be followed in detail:

1. Bite on gauze placed in mouth for 1 hour. Do not chew on it. This gauze may have to be replaced.
2. Do NOT rinse, spit, smoke or use a straw for 24 hours after the surgery. Starting the next day you should rinse several times a day after meals with warm-hot salt water (a pinch of salt in warm water).
3. Apply an ice bag to the side of your face after the surgery. Keep your head elevated by two pillows until the next day. After the first day use moist heat on your face.
4. You may eat or drink anything you wish except alcoholic beverages the day and night of surgery. It is important that you take nourishment; try not to miss a meal.
5. You may take 2 Ibuprofen or 2 Tylenol 4 times per day for 3 days, in addition to your prescribed pain pills.
6. Take prescribed medication as directed. Warning: certain pain medications will cause drowsiness. Therefore, do not drive or expose yourself to dangers while taking them.

## **THE FOLLOWING CONDITIONS MAY OCCUR:**

1. The wound may "ooze" or bleed slightly for one to two days after surgery – this is normal. Excess saliva and a small amount of blood may appear to be a lot of blood. If excessive bleeding does persist, please call me.
2. The area operated on may swell and become quite large. This is also normal and will begin to decrease after 5 or 6 days.
3. Stiffness, discomfort and swelling of the jaw can be reduced by movement of the jaw shortly after surgery. Chewing food or gum and exercising the jaw will help. Remember the fingers, up and down, in the mouth.
4. Discoloration of the face is caused by natural seepage of blood and fluid into tissues during the surgery. These yellow or blue areas will appear gradually and disappear slowly also.
5. Small bone fragments that sometimes appear will slowly work their way out of the gum tissue as the tissue heals.
6. Numbness of the lower lip and/or tongue will sometimes occur after the surgery. This usually disappears in a few days to a few months.
7. A void where the tooth once rested is normal and should be kept as clean as possible. Beginning the day AFTER surgery, rinse with salt water. It will gradually fill in.
8. Moderate to severe pain should be expected. Use the prescribed medicine to counteract this discomfort.
9. There may be a slight elevation in temperature (fever) for 24-48 hours after surgery. If the fever continues, or goes higher than 101 °F, please call me.