

# **POST-OPERATIVE CARE**

- ***BITE ON GAUZE PACK FOR 30-60 MINUTES.*** Keep firm pressure on the site by biting for 30 minutes without opening. After 30 minutes, remove gauze to see if area is still bleeding. If it has stopped, do not replace. If area is still bleeding, bite on a new gauze pack for an additional 30 minutes. If area continues to bleed after 60 minutes, try placing a tea bag directly over the extraction site and bite against it with additional gauze for adequate thickness. Call our office if bleeding does not stop.
- ***TODAY, DO NOT: SMOKE***  
***RINSE VIGOROUSLY***  
***SPIT***  
***DRINK THROUGH STRAWS***  
***BRUSH TEETH***

These activities may invite infection, irritation or bleeding. If you were given a prescription for *Peridex Oral Rinse*, begin rinses this evening and continue twice daily for seven days.

- ***TOMORROW: BRUSH TEETH*** as well as possible  
***RINSE GENTLY*** as necessary  
You may also do warm salt water rinses to help with healing and keep the area clean. Add one teaspoon of salt to eight ounces of warm water and stir well. Wait about a minute for the salt to dissolve, then gently swish in your mouth for about thirty seconds and spit.
- ***DIET:*** Avoid solid foods until you are no longer numb. You may then eat or drink anything you like, but avoid chewing on the area of surgery for the first few days. Consume lots of fluids and substitute soft nutritious foods for those which are difficult to chew while you are sore.
- ***MEDICINES:*** Take medicines as directed. Remember, nonsteroidal antinflammatories like ibuprofen (Advil, Motrin) and naproxen (Anaprox, Naprosyn) work best if taken before the onset of pain. If you take them by the clock beginning before the numbness wears off, you may prevent any discomfort entirely. These medicines do not cause drowsiness. Do not take these medications if you have a history of ulcers, problems with taking aspirin or related drugs. If necessary, narcotic medications such as hydrocodone (Vicodin) or codeine (Tylenol III) may be taken, but since they do cause drowsiness, do not drive or operate machinery while under their influence. Never mix alcoholic beverages with medication. If you develop hives or a rash after taking any medication, discontinue all medications and call us or your M.D.
- ***GENERAL SYMPTOMS:***
  1. Your temperature may be slightly elevated for 24-48 hours after the extraction.
  2. Tightness of the muscles (trismus) may cause difficulty in opening the mouth
  3. You may have a slight earache or sore throat.
  4. The skin may become discolored for approximately 1-2 weeks after the extraction.  
This is not a bruise. It is the result of bleeding into the tissue and is of little significance.
  5. Swelling may occur, but if it is more than slight, call the office.