

NEW IMAGE Advanced Dental

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Please follow these instructions for home care after oral surgery:

DO NOT RINSE YOUR MOUTH TODAY Beginning tomorrow morning, rinse *gently* with warm salt water every 3-4 hours (especially after meals) using ¼ teaspoon of salt to a glass of warm water. Continue rinses for several days.

NO SMOKING!! For at least 24 hours.

BLEEDING Following extractions, some bleeding is to be expected. Normal oozing may occur for up to 24 hours or more following the surgery, and is controlled by firm biting pressure on gauze pads placed over the tooth socket. Keep gauze packs in mouth until you eat. Replace them after eating and keep them in until bedtime. If bleeding is brisk and fills the mouth quickly, call the office, or if after hours, call the doctor at home immediately.

SWELLING and sometimes bruising are common after oral surgery. The maximum swelling, pain and jaw stiffness normally occurs 2 or 3 days after surgery. Apply ice packs for 15 minutes on and 15 minutes off until bedtime on the day of the surgery. This will keep swelling to a minimum. Also, keep your head elevated until bedtime. Moist heat after 36 hours may help jaw soreness.

PAIN The greatest amount of discomfort is in the first 6 to 8 hours after oral surgery. Never take pain medication on an empty stomach. For mild to average pain, use any over-the-counter type of ibuprofen product you like (Motrin IB, Advil, etc., even generic forms.) You can take up to four 200-milligram tablets every four hours. This is the prescription dosage. If you are allergic to aspirin, extra-strength Tylenol will work. Take pain medication only as directed. If itching or rash develops, stop taking all medications and contact our office immediately. If a dull pain increases on the 3rd or 4th day following oral surgery, call the office to have it checked.

INFECTION following oral surgery is rare, but if swelling and discomfort worsen after the 4th day after surgery, along with a foul taste, fever and difficulty swallowing, contact the office or emergency number immediately.

FOOD. It is important to maintain good nutrition following oral surgery. Eat a lukewarm soft diet the day of the surgery. Do not drink through a straw. Eat whatever you can the day of the surgery, but stay away from hard, chewy foods. Drink plenty of fluids. Do not eat popcorn, peanuts, nuts, chips, or other small hard food for 6 weeks.

BONY EDGES. Small sharp bone fragments may work up through the gums during healing. *These are not roots or pieces of tooth!* If annoying, return to this office for their simple removal.

NO SUCKING THROUGH A STRAW for 48 hours. Do not stick your tongue in the socket or suck in that area, as this will draw out the blood clot and may cause a dry socket or excessive bleeding.

TEA BAGS are useful to control bleeding at home. If bleeding seems to be excessive at home tonight, wet a tea bag with warm water and place it over the bleeding area, bite down firmly for one to two hours, and the bleeding should stop.

IF YOU HAVE ANY PROBLEMS, OR FEEL YOU ARE EXPERIENCING UNUSUAL SYMPTOMS, PLEASE CALL OUR OFFICE. If you have an emergency after office hours, please call Dr. Polk at home at (719) 846-8430.