

POST-EXTRACTION SELF-CARE INSTRUCTION

GENERAL INSTRUCTIONS:

1. **BLEEDING:** Bite on the gauze placed at the time of surgery for one hour with moderate pressure. It is important that the gauze remain directly over the area of tooth removal – not between the other top and bottom teeth. For further light bleeding, replace the gauze every hour as needed. Do not be alarmed by slight oozing, which can discolor saliva; this is normal for up to 24 hours after surgery. Often, persistent light bleeding can be controlled by soaking the gauze in strong tea (3 bags in 1 ¼ cup water) prior to placement. Bite firmly on this gauze for 20 minutes.
2. **HYGIENE:** DO NOT rinse, spit, or vigorously wash out your mouth the day of the surgery. If you need to spit, lean over the sink and let your saliva fall into the sink. Thereafter, use warm water or salt water (1 tsp/ cup) 4 to 6 times a day. If you have Peridex, use it after the salt water rinse. DO NOT use commercial mouth rinse (Listerine, Scope, etc) Do continue regular brushing of teeth away from the surgical area. Cleanliness promotes the best possible healing. DO NOT become alarmed if the tissue over an extraction site becomes gray after a few days- this is normal
3. **MEDICATION:** Prescribed medications are intended to help the healing process and to keep you comfortable. Take these as directed. For best results, take the first dose before the anesthetic wears off, and continue to take the non-narcotic medication (Motrin/Tylenol) at regular intervals for two days following surgery.
4. **ACTIVITY:** Avoid strenuous activity/ exercise for 3 to 4 days following surgery in order to ensure good healing. In the 24 hours after surgery, try to rest with the head elevated. **AVOID SMOKING OR SUCKING THROUGH A STRAW FOR A WEEK FOLLOWING SURGERY.**

ADDITIONAL INFORMATION FOR IMPACTED TEETH

1. **SWELLING:** Swelling can be a normal occurrence after surgery. This can be reduced by using ice packs for 20 minutes on the swelling, 20 minutes off, and repeating as necessary 36 hours after surgery, swelling is best diminished by hot soaks (washcloths soaked in hot water). If swelling continues to increase after 36 hours, call the office. Bruising is a normal occurrence, and should resolve within 5 to 15 days.
2. **INFECTION:** If your temperature or swelling continues to increase, you may be developing an infection. Please call the office if this occurs.
3. **DRY SOCKET:** Pain is normal for up to 48 hours after surgery. If pain doesn't begin to decrease after that time period, or if you have a recurrence of pain after a day or two of comfort, you may have a dry socket. Please call the office if this occurs.

POST- SURGICAL DIET INSTRUCTIONS

Following surgery, your body needs extra energy to heal properly. Therefore, you need to take in a least as many calories as usual. You may need to eat more frequently as each meal may tend to be smaller than normal. These suggestions have been prepared to help you consume an adequate amount of calories.

1. Soft or liquid diet for the first four to five days following surgery, depending how you feel.
2. Be sure to drink plenty of fluids (2 to 4+ quarts/day). Milk, juices, and water are great. Avoid Alcoholic beverages, as this decreases your body's healing ability.
3. Adequate protein intake is important, so try to eat some with every meal. Ground beef, fish, eggs, or commercially available powders can help.
4. Other ideas include Jell-O, pudding, ice cream, yogurt, soup, mashed potatoes, milkshakes, baby foods, applesauce, Ensure, or instant breakfasts.
5. DO NOT smoke or suck through a straw for at least a week following surgery. This greatly increases your chances of dry socket.
6. DO NOT open widely for up to two weeks after surgery.

Please feel free to ask any additional questions you may have if you feel there may be a problem with your healing. Our interest in your case extends through the healing process, and we encourage you to call us with any concerns you may have.

Baby Teeth Extractions

1. Following the extraction of baby teeth, it is important to have the child bite on the gauze for 30 minutes. After 30 minutes, you may remove the gauze from the extraction site. Please continue to monitor the child and **discourage** any chewing of the lip, cheek, or tongue until the anesthetic has completely worn off.
2. **Encourage** your child to not touch the extraction site as his/her hands or tongue can disrupt the healing process and sometimes cause infection.
3. Please avoid drinking hot liquids or eating until anesthetic has completely worn off.

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