



POST SURGICAL INSTRUCTIONS

THE FIRST HOUR: Continue biting on the gauze with steady, firm pressure. Do not disturb the gauze pack (no talking!). After 1 hour, carefully remove the gauze. Slight oozing of blood is normal, but you may need to replace the gauze with a fresh piece. Fold this new, clean gauze and place it directly where you are bleeding. Hold pressure or bite on this new gauze pack for another 30 minutes. Another option is to bite on a moistened tea bag (black tea is preferred). This can be repeated several times. If bleeding is excessive and does not subside, email us at Office@TheExtractionClinic.com, text 407-923-7433 or go to the nearest emergency room.

THE FIRST 24 HOURS: NO smoking, NO spitting, and NO straws. You can start eating soft, room temperature food and drinking when you remove the gauze, and the numbness has started to wear off. Soft food includes anything that you can easily cut with a fork. Avoid foods that require chewing for at least 24 hours. It is essential after surgery to maintain a good diet. Drink plenty of water - the healthier your body is, the faster it will heal. Take the non-narcotic pain medication (ibuprofen and/or Tylenol) ASAP, even if you do not have pain and when you have some food in your stomach. If you get nauseous, stop taking any medication for at least one hour and sip on water, ginger ale, or Gatorade.

Apply an ice pack to the outside of the face over the surgical area, alternating 10 minutes on and 10 minutes off. If you lie down, keep your head slightly elevated and cover your pillowcase in case of bleeding. If the area does start to bleed again in the first 24 hours, don't panic, simply bite on clean gauze again for another hour.

THE NEXT 5 DAYS: Starting 24 hours after surgery, begin gently rinsing your mouth with warm, salty water (1/2 teaspoon of salt per 8 oz of water) 3-4 times per day or after every meal for 4 days. Also starting 24 hours after surgery, begin brushing your teeth with toothpaste, including the teeth around the surgical area. Do this carefully with soft bristles. Continue to avoid smoking, spitting and straws. If you must sneeze, do it with your mouth open. Avoid rinsing with hydrogen peroxide and avoid carbonated or fizzy beverages. Avoid strenuous exercise or heavy lifting. Most patients experience the most discomfort 48-72 hours after the procedure, make sure to rest.

WHAT CAN I EXPECT? A small amount of blood in the saliva for 2-3 days. A metallic taste and/or bad breath for 1-2 weeks. Swelling is normal for 3-4 days but should begin to subside after 4-5 days. Discomfort is expected for 4-5 days but can last up to 2 weeks. The surgical site may change colors from dark red, to orange, to white and finally pink. Difficulty opening and/or mild discomfort when swallowing for 2-3 days and/or a slightly elevated temperature for 2-3 days is also normal.

WHEN SHOULD I BE CONCERNED? A sudden return of swelling/discomfort, especially after you were starting to look and feel better. Excessive warm swelling starting a few days or weeks after the procedure. Marked fever greater than 101 degrees F. Clear or yellowish discharge from the surgical site 2-3 days after the procedure accompanied by severe tenderness and pain.

EMERGENCIES: EMAIL: Office@TheExtractionClinic.com or CALL/TEXT 619-877-0124

If unable to reach anyone, call/text Dr Rivero at 407-923-7433 or call 911

FREQUENTLY ASKED QUESTIONS AFTER SURGERY

What and when can I eat?

Start eating and drinking the day of surgery after the gauze is removed and the bleeding is controlled. Avoid foods that require chewing for 24 hours. Good options are Ensure, Boost, Smoothies (no straw), ice cream, yogurt, soups (broth only), and similar foods. Drink plenty of water. After 24 hours, you can start a soft food diet. Food should be room temperature, no sharp food and no spicy foods. Examples are apple sauce, bananas, scrambled eggs, jell-o, mashed potatoes, steamed fish, mashed vegetables, avocado, baked beans. Advance to a more regular diet when you start feeling better. This may be anywhere between 3 and 10 days after the surgery. Remember, drink plenty of water!

How do I control any pain after the surgery? **IMPORTANT******

If you can safely take ibuprofen (Advil, Motrin) and Tylenol, follow these instructions: For the first three days, you should take 600mg of ibuprofen when you wake up, when you go to sleep, and once in between (the same can be done with the antibiotic if you were prescribed one). You should start taking the pain medication when the bleeding is controlled shortly after surgery, even if you do not have pain. If you feel like you need more pain medication, take 2 extra strength Tylenol in addition to the ibuprofen. Do not take more than 8 extra strength Tylenol per day, especially if you are taking another medication with Tylenol.

You may have been prescribed a “narcotic” pain medication that includes hydrocodone or oxycodone. If you feel that you could benefit from this “stronger” pain medication, take one tab instead of the 2 Tylenol. Continue the ibuprofen. Keep in mind that these “stronger” pain medications often have side effects such as nausea, vomiting and constipation. Avoid taking them for more than 3 days. If you are experiencing severe post op pain, email us at Office@TheExtractionClinic.com

I think I have dry socket, what should I do?

Dry socket is a very uncommon but painful complication after extracting a tooth. It is typically seen after removing a lower molar such as wisdom teeth, and is directly associated with smoking. There is no cure for dry socket and it is not a sign of infection. There are ways to make you feel better, however. Please call the office for a post op visit if you think you are suffering from dry socket.

Why didn't I get antibiotics after the procedure?

Antibiotics are not indicated after all dental extractions and can result in unnecessary side effects such as diarrhea and nausea. They do not speed up healing after a dental extraction. The dentist will use his professional judgment to decide if antibiotics are indicated. Feel free to discuss this with the dentist.

I think the dentist left a piece of tooth where he did the surgery! What should I do?

The majority of teeth are removed in one piece and the dentist can easily tell if a fracture piece of tooth remains in the socket. Occasionally a small, dead piece of bone called a sequestrum will work its way out of the socket during the healing process. Chances are you are feeling one of these boney splinters. Most will fall out on their own but feel free to call us for an appointment so we can verify that it is a sequestrum and easily remove it if you would like.

It's been a few days since my surgery and I still feel numb, what should I do?

If a patient feels numbness on the lip, chin, or tongue, there is no cause for alarm since this is usually temporary in nature. Nevertheless, we strongly encourage you to call the office and make an appointment with the dentist for any numbness lasting more than 2 days. You should also email the office at Office@TheExtractionClinic.com

One of my stitches fell out, is that OK?

Stitches that are placed during surgery are almost always the dissolving type and will fall out within 2-7 days. If a stitch falls out sooner, there is usually no cause for alarm but feel free to email us at Office@TheExtractionClinic.com.