



## Extractions and Oral Surgery

A simple or surgical extraction is when the dentist extracts a tooth when it is too damaged or causing problems and is simply unrestorable. It may involve making a small cut in the gum to access the tooth and gently removing it. This procedure is typically done under local anesthesia to minimize discomfort, and stitches may be needed to close the gum afterward for proper healing.

### **Post-Operative Instructions:** Prior to Your Surgery

Three days prior: If you have been prescribed oral sedation (a pill to relax you for your procedure) please pick up the prescription and sign any consent forms necessary at your prescribing office.

**Day of Surgery:** Eat a small meal and take all of your regular medications as prescribed by your doctor (unless you have been instructed specifically not to take a medication). If you have been prescribed oral sedation please make sure you have a driver to bring you to and from your appointment.

Below is a copy of the post-operative instructions so you can be prepared after surgery.

### **Post-Operative Instructions:** After your surgery

**REST:** Quiet rest these next several hours will ensure early, comfortable and complete healing. Always get up slowly to prevent dizziness, limit physical activity, keep your head elevated the remainder of the day.

**PAIN CONTROL:** Expect to have some discomfort when the anesthetic wears off. We suggest that you take a pain reliever before the numbness begins to wear off so that the transition will be smooth. When you begin to feel the first signs of pain, take another pain reliever as long as you are within the guidelines printed on the bottle or as we discussed. For minor discomfort you may use the Ibuprofen/Tylenol mixed dosing regimen if your primary doctor allows that medication use. If you are prescribed pain medication, you can switch to your prescribed pain medication if needed. Please stop the Ibuprofen/Tylenol regimen at that time.\*\*\* Do not consume alcohol while on pain medication. It is normal to experience a slight feeling of weakness or chills during the first day or two after surgery. This is part of the body's defense mechanism and is not cause for alarm.

**ANTIBIOTICS:** If you were prescribed an antibiotic, take it conscientiously as directed until all are gone; stopping antibiotics in the middle can actually do more harm than good.

**DRESSING/BLEEDING:** Keep the pressure sponge over the operation site by biting for the prescribed time (at least one hour). If bleeding continues, place issued gauze sponges over the extraction area and hold firmly for one additional hour. Repeat once again if needed. If this does not control bleeding, please contact the office. NOTE: Often there is slight oozing of blood which when mixed with saliva, appears to be excessive bleeding. Do not be alarmed. Put an old towel or old pillowcase over the pillow tonight. Saliva might be pink for the next day or so.

**SMOKING:** We strongly advise against SMOKING after surgery. Smoking delays the healing, increases discomfort, and may encourage dry socket, bleeding and infection at the surgical site.

**SWELLING:** You may experience some swelling of the face or jaw around the surgical area. It may start during the first 24 hours, last a few days and then begin to subside. This too is a normal defense mechanism and is no cause for alarm. Swelling peaks 30-36 hours post-surgery. To help prevent swelling, place an ice bag on your face outside of the surgical area during the first 24 hours after the procedure. Leave it on 20 minutes, off 20 minutes

then back on, etc. After the swelling has reached its peak in 3 days, warm compresses can be applied to speed recovery. Some patients tend to bruise on the cheek adjacent to the surgical area; this is normal. If swelling or bruising persist and concern you, do not hesitate to give us a call.

**ORAL HYGIENE:** Avoid spitting or sucking (straw use or smoking) for 7 days following surgery. Gentle rinsing with warm salt water ( $\frac{1}{2}$  teaspoon salt in 1 cup warm water) should begin on the day *following* surgery (24 hours). Repeat warm salt-water rinses morning and night for 10 days. Gradually progress with brushing. Brush your remaining teeth regularly. Cleanliness is essential to optimal healing.

**DIET INSTRUCTIONS:** If it is more comfortable, or you are instructed to do so, eat liquid or soft foods, but do not stop taking nourishment. Keep up on your fluid intake. Do not drink carbonated drinks (i.e., soda pop, etc) for the first 24-hours.

**MUSCLE STIFFNESS:** This is normal after surgery. You can help overcome this by exercising your jaw. Open to two finger widths, three to four times daily.

**NUMBNESS:** Quite infrequently the patient will notice a persistent numb sensation following surgery of the oral cavity. It is usually temporary in nature, however, it is advisable that the numbness be reported to your dentist. If the discomfort associated with the surgery site does not improve over a period of three or four days, call the dental office.

**POST-OPERATIVE VISITS:** If a postoperative visit is scheduled, we will remove any sutures that were placed. Although the gums will be on the road to healing, important healing continues under the gum line for several months. This visit is short and you should expect little, if any discomfort. You will be scheduled at this time for any additional appointments that may be required in your treatment phase.

If you have any questions please call: 239-445-6318

Trenton Implants and Dental Surgery  
4121 Del Prado Blvd. South  
Cape Coral, FL 33904