

GOT EXTRACTIONS?

H~Dentistry in Parachute, CO.

Pre-Op Instructions for scheduled surgery

1. When scheduling your appointment, please
 - a. Get your prescriptions so you don't have to go to the pharmacy the day of surgery, and
 - b. Pay your estimated portion so it's not a worry on the day of surgery.
2. Do NOT eat the morning of your appointment if you are using Halcion, Valium, or Nitrous.
3. Please brush your teeth and rinse thoroughly before coming to your appointment.
4. Prescriptions: take as directed prior to appointment with no more than ½ glass of water. Bring prescriptions with you.
5. To reduce swelling, please have ice packs, and a thin towel to wrap them in, available at home for after surgery.
6. Plan on resting for the rest of the day and keeping your head elevated above your heart.
7. Alcoholic beverages must be avoided 24 hours before and 2 days after surgery, while taking narcotic prescriptions.
8. Alcohol, smoking, and recreational drugs must be avoided 24 hours before and 24 hours after surgery.
9. If you have an illness such as a cold, sore throat, or upset stomach, please notify us so we can be prepared.
10. Consult your physician for special instructions if you are taking medications, particularly blood thinners.
11. If you think you might be pregnant, please inform our office. The 2nd trimester is the ideal treatment period.
12. Any insurance changes or questions must be handled prior to the surgery date. Insurance issues will not be handled the day of surgery. We highly recommend being insurance friendly (use what you have) but not insurance driven (choose what's best for you, not what they will or will not cover).
13. Prepare for no heavy lifting or physical training for 24 hours after routine surgery and for 3-7 days after extensive surgery like wisdom teeth removal or denture surgery.
14. Please wear loose, comfortable clothing (not your favorite outfit), that will not restrict movement of the head and neck. We use bibs to protect clothing and do not want to possibly ruin your favorite clothes.

Soft Food List

Patients who are well prepared for their surgery usually have a smoother recovery. Plan ahead and purchase soft food items prior to surgery. Cold foods are usually soothing. The following are examples of soft food items (if you don't want to put your dinner in a blender):

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| Creamy Soups (with little or no chunks or noodles). | Juice (cranberry, apple, grape). |
| Soft Fruits (banana, papaya, canned peaches, pears, applesauce). | Ice Cream, Milkshakes, Fruit Smoothies, Protein Shakes |
| Jell-O | Oatmeal/Cream of Wheat |
| Eggs (scrambled) | Yogurt (soft or frozen) |
| Cottage Cheese | Fish (soft white fish, sole, trout, snapper) |
| Mashed Potatoes | |
| Pudding/Custard | |
| Tofu | |
| Popsicles | Herbal Tea |

Foods To Avoid for 7 days after surgery

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|----------------------------------|--|----------------------------------|
| Spicy and Citrus Foods | Alcoholic Beverages | Chunky Foods |
| Foods that are difficult to chew | French Bread loafs and Baguettes | Foods that don't dissolve easily |
| | Popcorn and Chips for one month or until comfortable | |

On the day of surgery, begin with clear fluids (juice, broth, tea, Jell-O) and progress slowly to more substantial foods. Remember, it is important to maintain nutrition for optimal healing to occur.

Extraction wounds usually heal quickly and without complication, if simple precautions are taken. Sometimes the after effects of oral surgery are quite minimal, so not all of the following instructions may apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call for clarifications.

DAY OF SURGERY

THE FIRST FEW HOURS: Bite down gently but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. The packs should be gently removed after 60 minutes. If active bleeding persists, place enough new moist gauze to obtain pressure over the surgical site for another 60 minutes. Afterwards, the packs should be removed and only placed in again if heavy dark red bleeding occurs.

WOUND CARE: A good blood clot will help healing, so do not disturb the surgical area today. Do not rinse or probe the area with any objects. You may brush your teeth gently without toothpaste, avoiding the surgical area. If you smoke, please do not smoke for at least 1 week after surgery, since this is detrimental to healing and may cause a dry socket. Avoid alcohol for the next several days.

OOZING: Intermittent bleeding or oozing overnight is normal. Only place the gauze packs in again if heavy bleeding with dark or bright red blood occurs. It is common to confuse light bleeding mixed with saliva as lots of bleeding. Pressure stops bleeding. Repack gauze for longer periods as needed.

PERSISTENT BLEEDING: Bleeding should never be severe. If so, it usually means that the packs are being clenched between the teeth only instead of exerting pressure on the actual surgical areas. Try repositioning the gauze packs. **If bleeding remains uncontrolled, please return to the clinic (970-285-7748) or call me on my cell (970-379-8886) or home (970-285-2000) if after hours.**

SWELLING: Mouth surgery is often associated with swelling. It can be minimized by using a cold pack, ice bag, or a bag of frozen vegetables wrapped in a thin towel applied firmly to the cheek 20 minutes on and 20 minutes off during the first 24 hours after surgery. It is especially important to do this for the first few hours after surgery. Immediate and constant gauze compression on the wound for the first 2 hours, firm gentle pressure on the cheek with an ice pack, and elevation of the head no lower than a 45 degree angle are the best ways to minimize initial swelling.

PAIN: Most extractions are accompanied by some degree of discomfort depending on the procedure and patient. You will usually have a prescription for pain medication. If you get ahead of the pain by taking the first pills before the anesthetic has worn off, you should be able to manage the discomfort better. Please carefully follow the instructions for taking the pain medication given to you. These medications may cause drowsiness and affect your judgment. It is advised that you not consume alcohol or attempt to operate a motor vehicle while taking these medications. **Remember that the most severe pain is usually during six hours after numbness wears off;** after that, the need for pain medications usually lessen with time.

NAUSEA: A vomiting sensation is not uncommon after surgery. Sometimes pain medication is the cause. Nausea can be reduced by preceding each pain pill with a small amount of soft food, and taking the pill with a large amount of water. Taking more of the same medication at prescription levels will also cause nausea and will NOT increase relief. If vomiting occurs more than once, please call for a prescription to combat the nausea so both pain medications and food can be kept down.

DIET: Eat any nourishing food that can be taken with comfort. Avoid extremely hot or cold foods. Do not use thick liquids through a straw, or any skinny straws, for the first few days after surgery. It is usually advisable to confine the first days' intake to liquids or pureed foods (tomato soup, warm broths, pudding, yogurt, milk, smoothies, etc). Avoid hard foods, which may be lodged in the socket areas. After the first 24 hours you may return to your normal diet as soon as comfortable. Remember to drink plenty of water after the surgery to prevent dehydration. If possible, avoid foods and drinks high in sugar while brushing is difficult as this helps to keep bacterial growth in the mouth low to reduce the risk of infection.

PHYSICAL ACTIVITY: It is important to restrict physical activity for the first 24 hours to help prevent bleeding of the extraction site. It is also important to NOT engage in strenuous physical activity (weight lifting, running, long distance biking, etc) for the week following surgery. These activities could increase your risk of complications.

AFTER THE FIRST 24 HOURS FOLLOWING SURGERY

MOUTH RINSES: Keeping your mouth clean after surgery is essential. Use ¼ teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse. Do not swallow. Repeat as often as you like, but at least 3 times daily, preferably after meals, for one week after surgery.

BRUSHING: Begin your normal oral hygiene routine as soon as possible after surgery, normally the day after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort.

HEALING: Normal healing after tooth extractions should be as follows: The first few days after surgery are generally the most uncomfortable with some swelling and/or bruising in the area, possibly increasing in pain and swelling around day 3 or 4 after surgery. Generally, however, by the third or fourth day most people are more comfortable although still swollen or swelling, and can usually begin a more substantial diet. The remainder of the post-operative course should be a gradual steady improvement. If you do not see continued improvement (decrease in pain and swelling), please get in touch with me. Sometimes a “liver clot” or “granulation tissue” may cause chronic problems requiring re-debridement of the site.

DRY SOCKET: This is an occasional complication after tooth extraction, especially with bottom teeth. It is caused by the blood clot not adhering to the bone. It is identified by increased pain/discomfort; usually about one week after surgery. While this process is self healing in time, it can be amazingly uncomfortable. An additional “dry socket treatment” is an option. Though initially uncomfortable, this treatment usually brings great relief within about 10 minutes.

SHARP EDGES: If you feel something hard or a sharp edge in the surgical area, it is likely you are feeling thin pieces of the bony walls which once supported the extracted teeth. Occasionally small slivers of bone may work themselves out of the extraction site over the coming months. You can wiggle them out as your body pushes them out slowly similar to a baby tooth.

INFECTIONS: In the rare event you have sudden and significant swelling that spreads quickly, forces your head to turn, and/or makes it difficult for you to breathe or swallow, then you need antibiotic treatment. Call us for a prescription. If, for any reason, you feel the infection is coming on dangerously fast and you are experiencing an urgent medical emergency, call 9-1-1 or be driven to a hospital immediately for IV antibiotic treatment and update us on your progress. Such emergencies are usually associated with a delay on starting antibiotic pills when your temperature is rising, fatigue beyond the effects of prescriptions is taking place, and you appear more pale in color with a slow increase in swelling after the initial swelling was going away.

COMMON TEMPORARY POST-OPERATIVE SYMPTOMS:

Jaw stiffness with difficulty in opening. This may last from days to months depending on the surgery.

An earache on the side of the extraction.

“Sympathetic” pain causing your other teeth to ache.

Teeth feel elevated or do not fit together the same as they did before the surgery. This will resolve in time.

The corners of your mouth may be dried, cracked, or bruised. Use ointment to keep the area moist and to promote healing.

Black and blue discoloration or bruising may occur on the face near the area of surgery. This resolves itself within several days.

There may be elevation of body temperature for 24 hours (up to 100°F). If an elevated temperature persists, please return to the clinic for evaluation as soon as possible.

Remember, you just had surgery. Be kind to yourself.

It is our desire that your recovery is as smooth and pleasant as possible. Following these simple instructions does not mean that your healing will be simple or free of complications, but they can help you to heal from your surgery with minimized complications.