

Full Circle Dental Care
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POST-OPERATIVE INSTRUCTIONS AND INFORMATION FOR PATIENTS

Surgery of any kind places a stress on your body. Get adequate rest and avoid strenuous activity for a few days following your procedure. Swelling, discomfort, and restricted jaw function are expected, and so need not cause alarm. These may be minimized by the following instructions. Please read them carefully. It is strongly urged that they be followed.

- 1. Numbness:** Your lips, teeth, and cheek, and/or tongue may be numb for several hours after the procedure. To avoid injury, you should avoid any chewing and hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue, cheek, or lip while you are numb.
- 2. Bleeding:** Biting on moistened gauze until the bleeding subsides is the best way to control bleeding. Change the gauze as it becomes saturated with a new moistened gauze. If bleeding persists after 2-3 hours, keep your head elevated and sit upright. You may try "home remedies" such as a moistened tea bag placed on the site for 30 minutes to help control bleeding. Overnight, it is normal for some blood to "ooze" from the surgical site.
- 3. Swelling and Bruising:** Swelling and bruising are normal reactions to surgery, and vary from patient to patient. This will normally resolve within 7-14 of surgery. Swelling is best controlled by the immediate application of ice packs for the first 24 hours following surgery. Ice packs should be applied to the outside of the face in intervals of 20 minutes on and 20 minutes off.
- 4. Limited Opening:** Jaw muscle stiffness with some limited opening of your mouth may occur after removal of teeth. This is a normal response and may take several weeks to improve. Using warm moistened towels on your face 24 hours after surgery may improve the stiffness.
- 5. Eating and Drinking:** Drinking plenty of fluids is essential. **DO NOT DRINK THROUGH A STRAW** as this will promote loss of the blood clot which can lead to a "dry socket". Eating soft nutritious, non-spicy food is encouraged as soon as the bleeding has stopped and for the first few days after surgery.
- 6. Brushing and Rinsing:** For the first 24 hours, do not brush or rinse your teeth as this may disrupt healing. After 24 hours, gentle brushing with a soft toothbrush is encouraged, but avoid the extraction site. Avoid brushing any sutures, if placed. You may use a warm saltwater rinse (1/2 tsp mixed with 8 oz. of warm water) 3-4 times per day after the first 24 hours to help soothe discomfort. **Do not spit** for 48 hours after surgery.
- 7. Smoking: DO NOT SMOKE** for at least 48 hours after surgery. Smoking adversely affects oral hygiene and contributes to "dry socket". Spitting and rinsing too early

after surgery may also contribute to this painful condition.

- 8. Exercise:** Please refrain from strenuous activity until 48 hours after surgery, as this will promote healing interference with the healing process.
- 9. Medications:** You may be prescribed medications. Take them as directed to help control discomfort. To avoid nausea, do not take pain medications on an empty stomach.

****Should you have any post-operative problems or questions, do not hesitate to call so we may help you. 405-677-0516**