

PACIFIC DENTAL CARE, PC

Patient instructions following surgical removal of teeth

You have undergone a moderately involved surgical procedure. The quality of recovery depends in large measure on self-care.

Conditions to be Expected:

Pain: Discomfort usually peaks at the time of the return of sensation. To minimize the discomfort, take prescribed pain control medication before the onset of discomfort as directed. In no instance should this medication be taken without previously eating.

Bleeding: Some oozing is expected for the first 24 hours. Bleeding is best controlled by pressure. This is done by biting on the sponges or gauze given to you. Do not attempt to place the sponge into the socket.

Swelling: Swelling should reach its maximum at about 24 hours after surgery. It often persists for about 1 week. The best means of controlling the swelling is to apply cold to the face overlying the extraction sites.

Things to Do

1. Take all medications as directed.
2. Place sponges/gauze over, not into, extraction sites to control bleeding.
3. Apply ice to face to control swelling. [A small plastic bag (baggie) containing crushed ice and covered with two layers of towel is ideal. Thirty minutes on, 30 minutes off is a good routine.]
4. Sleep with your head elevated by an extra pillow or two. This may reduce/control swelling.
5. Continue oral hygiene measures. Use an acceptable commercial mouth wash after the first 24 hours.
6. EAT and DRINK. Failure to drink at least 1 quart of fluids per day may lead to dehydration and temperature elevation. Eat a liquid or soft diet as tolerated.
7. REST. Time of recovery is shortened most by adequate rest.

Things to Avoid

1. Avoid injuring the site with coarse or hard foods.
2. Do not suck on the extraction site.
3. Do not chew gum or smoke.
4. Do not apply heat to the face adjacent to the extraction site.
5. Avoid heavy exercise for at least the first 48 hours.
6. Do not expectorate.
7. Do not drink alcohol or drive while taking pain medication.
8. Do not use a Water-Pik for oral hygiene until sockets is healed.

Please call (503) 408-8927 if you are experiencing problems beyond the expected.