

## CARE AFTER EXTRACTION OF TEETH

You have just undergone a routine oral surgery procedure. There are a few instructions we would like you to keep in mind over the next few days as you heal.

### **PAIN**

As the anesthesia wears off, you will begin to feel some discomfort. The most pain will be felt within the first twenty four to forty eight (24-48) hours after surgery. The pain will subside over the next three to five (3-5) days. You should take two (2) aspirin or Tylenol within one-half hour after leaving the office to diminish soreness. Repeat every four (4) hours as needed.

### **MEDICATION**

1) Dr. Paliani has prescribed \_\_\_\_\_  
for pain control.

Take \_\_\_\_\_ tablet(s) IMMEDIATELY

Take \_\_\_\_\_ tablet(s) EVERY \_\_\_\_\_ HOUR(S) for \_\_\_\_\_ DAY(S)

Take \_\_\_\_\_ tablet(s) EVERY \_\_\_\_\_ HOUR(S) THEREAFTER for a maximum of \_\_\_\_\_ DAY(S) as needed for pain relief.

Pain tablets should be taken with food or milk. If you are feeling excessive pain forty eight (48) hours after surgery, or are experiencing any extreme symptoms, please do not hesitate to call our office.

2) Dr. Paliani has prescribed \_\_\_\_\_  
to prevent infection.

Take \_\_\_\_\_ tablet(s) every \_\_\_\_\_ hour(s) until completed.

Please take medication as prescribed. It is especially important to take antibiotic medication to completion. **DO NOT ALTER, INCREASE, OR COMBINE DRUGS UNLESS TOLD TO DO SO. DO NOT CONSUME ALCOHOLIC BEVERAGES WHILE ON MEDICATION.**

### **CLEANING**

**DO NOT RINSE MOUTH FOR TWENTY FOUR (24) HOURS.**

After this time period, you may rinse with salt water (8 oz. warm water with 1 tsp. salt) every two hours. **DO NOT BRUSH SURGICAL SITE.** You may carefully brush other teeth the day after surgery.

### **BLEEDING**

This is normal and expected. You may apply a sterile gauze over the bandages and apply pressure with your fingertips to stop bleeding. If it has not stopped after eight to ten (8-10) hours, call the office. **DO NOT OVEREXERT YOURSELF. DO NOT CONSUME HOT FOODS. DO NOT RINSE.**

### **EATING**

Eat a semi-solid diet for the first day after surgery. Eggs, pasta bananas and pudding are all good options. You may resume a normal diet after 24 hours. Do not chew on the surgical side. You may consume liquids immediately after surgery provided they are not hot. **DO NOT USE STRAWS.**

### **SMOKING**

**DO NOT SMOKE FOR A MINIMUM OF 72 HOURS.**

### **SWELLING**

Apply an ice pack to the affected area in a 10 minute ON- 10 minute OFF cycle. **DO NOT APPLY HEAT IN THE FIRST TWENTY FOUR (24) HOURS.** You may apply heat after 24 hours.

**JAW PAIN**

Do not force the jaw to open. It will open willingly as you heal.  
You may massage the jaw muscles gently after 24 hours.

**NAUSEA**

Some patients may experience nausea due to the anesthesia or the pain medication. This can be alleviated a number of ways:

- 1) ensuring the pain medication is taken with food or milk, or with an antacid (eg. *Maalox*)
- 2) drinking one-half glass of water with one tsp. baking soda added to it
- 3) decreasing medication dosage upon consultation with Dr. Paliani 4) taking medication for the nausea (eg. *Gravol*)

Be certain to get plenty of rest, and take care of yourself. Please feel free to contact the dental office if you have any questions or concerns. We wish you a speedy recovery.