

POST-OPERATIVE CARE AFTER TOOTH EXTRACTION

TODAY AND FOR THE NEXT 24 HOURS:

1. Continue biting with light pressure on the folded gauze for 30 minutes, and replace after 30 minutes when you return home. The gauze will be stained with blood when you remove it. That is not due to active bleeding, but rather the wicking action of the gauze. If bleeding persists after you remove the second gauze then place a moist tea bag over the surgical area, biting again with light pressure. If this proves unsuccessful please call Dr. Keith.
2. DO NOT rinse out your mouth or spit today as that may cause more bleeding.
3. Avoid foods or activities that create suction in the mouth. (No straws, rinsing, spitting, etc.)
4. Avoid hot foods and beverages. (Coffee, tea, soup) Let them cool down before eating today. On the day of surgery most people find that cool soft foods are more soothing. (Ice cream, yogurt, Ice water)
5. A soft diet is advisable for the next few days. Avoid any food with sharp edges such as chips, crackers, nuts, and toast for the next week.
6. DO NOT smoke for a minimum of 24 hours.
7. Place the ice pack on your cheek in the area of the surgery. Ice is most effective if applied for 20 minutes and then removed for 20 minutes in succession throughout the first day.
8. Start pain relievers BEFORE your anesthesia wears off. Unless otherwise specified, start with Ibuprofen 600mg, (three 200mg tablets) every six hours. If you have a sensitive stomach or have been advised by your physician to avoid Aspirin products, use Tylenol instead (Two 500mg Tablets).
9. Take other medications as prescribed. If you have been given a prescription for antibiotics you will need to complete the entire course of medication that has been prescribed to minimize the chance for infection.
10. Avoid drinking alcohol or driving if taking prescribed pain medication.
11. Place an extra pillow under your head to elevate the surgical area while you sleep.

TOMORROW:

1. Once the bleeding has subsided, begin GENTLE rinsing with Chlorhexidine (Perioguard) 2 times per day, (Once in the morning after breakfast, and once in the evening before bedtime) as directed on the bottle. Eat before using the Chlorhexidine otherwise your food will have a metallic taste.
* Brush your teeth AFTER using the rinse to minimize stain build-up.
2. You may additionally rinse with warm salt water (1/2 tsp. Salt to 8oz. Glass of water) between Chlorhexidine rinses for the next two weeks.
3. Brush your teeth gently with a soft toothbrush but avoid the surgical area for the next two weeks.
4. Avoid vigorous exercise and excessive talking for the next 3 days.

Continued on reverse side

>>>>>

NUMBNESS: If numbness does not go away by the following morning after surgery, please contact the office immediately.

BRUISING: Minor bruising after surgery is a normal response and is not cause for alarm. It will improve in 7-14 days.

STIFFNESS & SWELLING: Some jaw muscles and swelling is common, especially after longer procedures. This is normal and will improve in 7-14 days. After the first day, moist heat application with a warm washcloth and Ibuprofen will help relieve some of the symptoms.

STITCHES: Most stitches used will not dissolve on their own, and must be removed at your follow-up appointment. Never pull at loose stitches or attempt to remove them yourself.

PAIN: Most post-surgical pain is improving by the third day. If pain or swelling is increasing on the fourth day or later after the surgery, call the office to speak with Dr. Keith.

PAIN MANAGEMENT:

Please Note: It usually takes 1 hr. for the pain medication to take effect.

Maximum dosage: Tylenol/Acetaminophen (500mg x 8 tabs= 4g per day): up to 8 tabs in 24 hrs.

Advil/Ibuprofen (200mg x 12 tabs= 2.4g per day): up to 12 tabs in 24hrs.

Vicodin/Acetaminophen Hydrocodone (7.5mg/500mg x 8 tabs=40mg/4g): up to 8 tabs in 24 hrs.

MILD DISCOMFORT

Ibuprofen (Advil or Motrin) 200mg: 2 or 3 tabs every 4 to 6 hrs.

Maximum: (2400 mg): 12 tabs in 24hrs.

MODERATE DISCOMFORT

Ibuprofen (Advil or Motrin) 200mg: 2 tabs

+2 HRS

Acetaminophen (Tylenol) 500mg: 2 tabs

+ 2 HRS

SEVERE DISCOMFORT

Vicodin (Hydrocodone): 1 or 2 tabs every 4 to 6 hrs.

Each tab includes 500mg of Tylenol

Maximum: 8 tabs in 24hrs.

FOLLOW-UP POST OPERATIVE APPOINTMENT: _____

DIPLOMATE, AMERICAN BOARD OF PROSTHODONTICS
1111 Civic Drive Suite 320, Walnut Creek, CA 94596 Tel. 925-935-4040 – Fax 925-935-4077