

Merrimack Smiles

POST OPERATIVE ORAL SURGERY INSTRUCTIONS

Mouth Rinse

Do not rinse your mouth today. Avoid alcohol, tobacco or carbonated drinks for 24 hours. Tomorrow begin using a solution of ½ teaspoon of salt in a glass of water as needed to refresh your mouth. Resume brushing your teeth tomorrow.

Bleeding

Oozing may occur for several hours. Spitting and use of straws are not advisable as they provoke oozing and increase the likelihood for developing a dry socket and/or prolonged bleeding. When removing the gauze from the surgical site, get gauze soaking wet and remove gently to avoid removing clot that has formed. If bleeding is more than slight follow these directions:

- Tightly wrap sterile gauze, place over the extraction site(s) and bite down to exert firm pressure.
- Hold the pack in place firmly with continued biting for 30 minutes.
- If you continue to experience bleeding, steep a tea bag, let it cool, and put over extraction site in same fashion as gauze.

Pain

Take 400-600 mg Ibuprofen (Advil) or 500 mg Acetaminophen (Tylenol) tablets with milk or water **every 4-6 hours consistently for the first 3 days following surgery** and as needed for dental pain after the fourth day. If a prescription was given, use as directed and in the event you are prescribed Vicodin or Percocet do not take any Acetaminophen (Tylenol).

Swelling

Mild to moderate swelling is a normal consequence whenever surgery is involved. Swelling can be minimized by the **immediate use** of ice or cold packs placed over the area(s) of the surgery in 15 minute intervals for at least 3 hours on the day of the surgery. The swelling should be the greatest the second or third day after surgery, after the third day the swelling should begin to slowly recede. Swelling and post-operative sensitivity are reduced if you use the ice packs and pain relievers as recommended.

Discoloration

You may develop black and blue areas in the tissue, these are bruises. Bruises are the result of bleeding into the tissue and can be a common consequence of the tooth removal and/or any additional surgery. If you experience severe swelling associated with a redness of the skin and a fever, contact the office as this may be associated with a serious infection.

Diet

Begin a high calorie, high protein diet within a few hours of surgery. Choose soft nutritious foods such as scrambled eggs, soups, pudding, apple sauce and/or meal replacement shakes (ie. Slim-fast, ensure) for the first two days and resume your normal diet as comfort permits on the third day. Be careful not to force any food into the area where the surgery was performed.

Numbness

You will experience numbness of the surgical area following your appointment, be careful with this area until the anesthesia wears off. If the numbness persists for more than 12 hours following your surgery contact the office.

Impacted, Buried or Infected Teeth

The following conditions are not uncommon with removal of these teeth:

- Difficulty in opening your mouth due to muscle spasms from prolonged opening of your mouth..
- If a lower impaction was removed, you may have numbness of the lower lip or tongue, on the side from which the tooth was removed; this is almost always a temporary condition. Let the office know if this occurs. It may last from a few days to several months.
- After removal, the adjacent teeth may realign themselves, causing some discomfort.
- Sores may develop at the corners of the mouth and these should be covered with mild ointment such as Neosporin.

If you experience difficulty breathing or swallowing or prolonged, excessive bleeding go directly to the emergency room. For other difficulties please call our office at (603) 424-7676 during normal business hours, and (603) 494-2128 during evenings and weekends.