

Patient Instructions: After Multiple Teeth Extraction

Immediately after surgery –

Return home from the office after surgery and rest quietly with the head elevated for approximately one hour. If you had IV sedation as part of your procedure, avoid operating mechanical equipment or drive until you feel no residual effect from the anesthetic. This may be up to 24 hours.

Gauze

Your mouth will be numb for about 3 – 5 hours after surgery. To avoid injuring yourself during this period, do not bite or scratch your tongue or lips until the numbness has decreased. Bite down gently but firmly on the gauze pack(s) that we placed over the socket, making sure it remains in place. The gauze placed in your mouth may be removed 1 hour after surgery. If there is no excessive bleeding, the gauze does not need replacement. If there is excessive bleeding after gauze removal, fold a new piece of gauze to the size of a tea bag, place directly over the socket and bite firmly for another hour. Blood-tinged saliva is normal for the first 24 hours.

Pain

If you were recommended to alternate Tylenol (1000mg, 2 tabs) and Ibuprofen (600mg) every 4 hours and can tolerate it, start the Tylenol immediately. Continue with this 4-hour regimen as needed. If this regimen is not working, switch the Tylenol to the narcotic, if prescribed (Percocet or Vicodin). Alternate the Ibuprofen and the narcotic every 4 hours.

Do not take any of the above medication if you are allergic to them, or have been instructed by your doctor not to take it.

**DO NOT TAKE OR ALTERNATE NARCOTICS AND TYLENOL (NARCOTICS HAVE TYLENOL IN THEM).
DO NOT DRIVE OR OPERATE MACHINERY IF YOU ARE TAKING PRESCRIPTION NARCOTIC PAIN
MEDICATION.**

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent or manage infection. Discontinue antibiotic use in the event of a rash or any other unfavorable reactions that you

80 Nashua Road, Building C
Londonderry, New Hampshire 03053
603-432-3308 Fax: 603-425-6165

32 Stiles Road, Suite 210
Salem, New Hampshire 03079
603-893-8630 Fax: 603-893-3697

experience and call our office for further instructions. It is important to discern side-effects versus true allergies. If an antibiotic was prescribed and you are currently taking oral contraceptives, use an alternate method of birth control for the remainder of this cycle

Steroids

If prescribed steroids for the control of swelling, take it as directed

Diet

You may begin drinking liquids and eating soft foods 1 hour after your surgery and gauze removed from your mouth. Avoid extremely hot foods or liquids, as your mouth will be numb. It is sometimes advisable, but not required, to confine the first day's intake to liquids/pudding, noodles, soft bread etc. Examples of suitable food in the first few days are soup with cooked vegetables, macaroni and cheese, diced chicken, flaked fish, pasta with sauce and ground meat, ice cream, cake, puddings, yogurt, milk shakes, smoothies etc. Over the next several days you may gradually progress to solid foods. It is important not to skip meals! If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster. Avoid chewing harder food until mouth sensation has returned. Avoid foods like chips, sunflower seeds and popcorn, etc., which cause pain and pain if chewed incorrectly. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor. You may use a straw for liquids beginning the 1-2 days after surgery.

Oral hygiene

Begin warm salt-water rinses (1/2-tsp. salt with 1-cup water) 3-4 times per day beginning the day after surgery. Continue these rinses for 7 days after surgery. Begin normal tooth brushing the day after surgery. Soreness and swelling may prevent rigorous brushing of all areas, but make every effort to clean your teeth within your comfort level. Occasionally, a plastic syringe with a curved tip will be given to you to assist with cleaning. If do not receive a syringe from our office, you do not need it.

Bleeding:

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Bleeding will occur after surgery, and it is common to ooze a small amount of blood for 24-48 hours after surgery. Keep in mind that oral bleeding represents a little blood and a lot of saliva. Placing a gauze pack over the socket and biting firmly for an hour will usually control bleeding.

Persistent bleeding:

Bleeding should never be severe. If so, it usually means that the packs are not directly over the tooth sockets. Try repositioning the packs over the socket, avoid physical activity, use ice packs on side of face near the surgery site and bite on gauze for 1 hour. Alternatively, a moistened tea bag may be placed over the socket and held between teeth for 45 minutes. The tannic acid in the tea leaves helps to promote blood clotting. If bleeding remains uncontrolled, please call our office.

Swelling, Stiffness and Pain:

Swelling, stiffness and pain are to be expected. Swelling, stiffness and pain begin within a few hours after tooth removal and generally increase, reaching their maximum intensity 2-3 days after surgery. Pain is generally most intense in the morning and late evening. To minimize swelling and lessen pain, cold packs or ice bag wrapped in a towel may be applied to the face adjacent to the surgical area for 30 minutes on, then 30 minutes off during the first 12-24 hours after surgery. Ice may always be used after tooth extraction to alleviate pain. However, after 2 days, ice will not improve swelling. You may try warm moist heat (damp washcloth placed in microwave for 10-15 seconds) to assist with swelling reduction beginning 1-3 days after surgery. Stiff, sore jaw muscles may result in limited in mouth opening for a few days after surgery. Stiffness in jaw muscles is normal after oral surgery and usually resolves 5-7 days after surgery. Please make sure you can get at least 2 fingers stacked sideways between your upper and lower teeth when opening fully. If unable, work to stretch and lengthen jaw muscles by opening fully and massaging sore areas. Stretching these muscles will help resolve stiffness and pain. Bruising may also occur, but should disappear soon.

Nausea

Nausea and vomiting can occur as a result of swallowed blood, discomfort, anesthesia or pain medicine. Post-operative nausea is usually self-limiting and sipping on flat cola or ginger ale often helps. Soda crackers also may be used. If nausea persists, stop taking pain medicine that contains opioids and substitute ibuprofen or acetaminophen for the next dose. If nausea persists, call our office.

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Smoking:

Impairs blood flow and is very detrimental to the healing process. **DO NOT SMOKE** for at least 72 hours after surgery.

If donated bone was added to your socket:

DO NOT rinse vigorously. Roll your head from side to side to rinse your mouth after brushing. Aggressive rinsing will disrupt sutures and the bone graft material. Normal tooth brushing is ok. Avoid brushing directly over the surgical site. Do not chew over the grafted area for 4 months.

DO NOT SMOKE!