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Post-Operative Extraction Booklet



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There will be **NO PHOTOGRAPHY/ VIDEOGRAPHY** allowed while in our office. This violates our HIPAA policy and it **WILL NOT BE TOLERATED.** Thank you for respecting our policies.

- Stiffness of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event which will resolve in time. We encourage you to regularly stretch and open your mouth to speed the recovery process.
- If sutures become dislodged there is no cause for alarm. Just remove the suture from your mouth and discard it. The sutures will fall out on their own approximately one week after surgery.
- A dry socket is when the blood clot gets dislodged prematurely from the tooth socket. Symptoms of pain at the surgical site and even pain to the ear may occur 4-6 days following surgery. Call the office if this occurs.
- If you are involved in regular exercise, be aware that your normal nourishment intake is reduced. Exercise may weaken you. If you get light headed, stop exercising.

Diet:

- After general anesthetic or IV sedation, liquids should be initially taken from a glass. Do not use straws.
- At least 5-6 glasses of liquid should be taken daily.
- You may eat anything soft by chewing away from the surgical sites.

Soft Food Suggestions:

- Scrambled eggs, omelets, pancakes, french toast, oatmeal, cream of wheat, grits, most muffins (no nuts), coffee cake, any cereal that gets soggy, soups and chili, cottage cheese, egg or tuna salad, most casseroles, sloppy joe's, soufflés, macaroni and cheese, tuna and noodles, any soft vegetables, shepherd's pie, crepes, pot pies, meatloaf, most canned fruit, applesauce, ice cream, sherbet, sorbet, yogurt, custard, bread pudding, milk shakes (NO STRAWS), jello, pudding, juice, meal replacement drinks (Ensure, Carnation breakfast drink, etc)

Post-Operative Wound Care:

- There will be a cavity where the tooth was removed. The cavity will shrink gradually over the next month. Keep the area clean, especially after meals, with a salt water rinse or a toothbrush. The day after surgery brushing your teeth is okay—just be gentle at the surgical sites.
- Do not use syringes to flush the area until 7 days following your surgery.
- To make salt water rinse: Mix 1 cup warm water plus 1 teaspoon salt.

Treatment of Minor Surgical Complications:

- If numbness of the lip, chin or tongue occurs there is no cause for alarm. As stated before surgery, this is usually temporary in nature.
- Be aware that if your lip or tongue is numb, you could bite it and not feel the sensation. Please be careful.
- Slight fever immediately following surgery is not uncommon. Tylenol or Ibuprofen should be taken to reduce the fever. If the temperature persists for more than 48 hours, notify the office.
- You should be careful going from the lying down position to standing. You may get dizzy when you stand up suddenly. Before standing up, you should sit for one minute then get up.
- Occasionally, patients may feel hard projections in the mouth with their tongue. They are not typically roots but rather the bony walls which supported the tooth. These projections will continue to lessen and smooth with time.
- If the corners of your mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment such as Vaseline.
- Sore throats and pain when swallowing are not uncommon. This will subside in 2-3 days.

Immediately Following Surgery:

- Gauze dressing is to remain in the mouth with continuous biting pressure for a minimum of 30 minutes and then appropriately discarded.
- Avoid vigorous mouth rinsing or touching the wound area following surgery for 3 days to minimize new onset bleeding.
- Take the prescribed pain medications as soon as you begin to feel discomfort.
- Restrict your activities the day of surgery. Most patients are able to return to normal activity within 2-3 days after surgery.
- Place ice packs to the sides of your face where surgery was performed. An alternating regimen of 20 minutes on with 20 minutes off is best to maximize benefits. Cold therapy should only be used for 24-72 hours post-surgery. After the initial 24-72 hour period mild heat applied to the affected side is best to reduce swelling.

Bleeding:

- For excessive bleeding place a gauze pad over the area and bite firmly for thirty minutes. Repeat if necessary.
- If bleeding continues, bite on a moistened tea bag for 30 minutes.
- To minimize further bleeding do not become excited, sit upright, and avoid exercise.
- If bleeding does not subside call for further instructions.

Swelling:

- Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. The swelling will not become apparent until the day following surgery and will not reach its maximum until 2-3 days post-operatively.

- For the first 24-72 hours minimize swelling with 2 baggies filled with ice, or ice packs. Apply to the surgery site continuously with a regimen of 20 minutes on and 20 minutes off while you are awake. Ice should be continued for 72 hours.
- To reduce swelling 72 hours following surgery apply mild heat to the sides of the face where surgery was performed.
- If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to the inflammatory process of surgery.

Pain:

- Begin taking pain medication as soon as you feel the local anesthetic wearing off.
- For moderate pain:
- 1 or 2 Tylenol or Extra-Strength Tylenol (Acetaminophen) may be taken every 4-6 hours. Do not exceed 3600mg in a 24 hour period.
- Do not take Tylenol if you are taking a prescribed pain medication that includes Tylenol (e.g. Vicodin, Percocet, Lortab) Please check with your pharmacist if you have any questions regarding Tylenol content in your prescribed pain medication.
- Ibuprofen (Advil or Motrin) may be taken instead of or in addition to Tylenol. Ibuprofen, bought over the counter comes in 200mg tablets: 2-3 tablets may be taken every 4-6 hours as needed for pain. Do not exceed 3200mg in a 24 hour period.
- For severe pain: the prescribed medication should be taken as directed.
- Do not take any of the above medication if you are allergic or have been instructed by your doctor not to take it.

Keep the Mouth Clean:

No rinsing of any kind should be performed until the day following surgery.

Do not brush your teeth the day/night of surgery. Brushing can be resumed the next day and is encouraged to avoid infection and promote wound healing. Avoid directly brushing the surgery site.

The day after surgery you should begin rinsing at least 3-4 times a day, especially after eating, with a cup of warm water mixed with a teaspoon of salt.

Syringes provided can be used to gently flush the area only after 7 days following surgery. Not to be used before then.

Bruising:

Bruising is not uncommon post-op and frequently seen in patients using blood thinners. It can take up to and longer than one week for this to resolve.

Moist heat applied to the area may speed up the removal of the discoloration.

Antibiotics:

If you have been placed on antibiotics, take the tablets or liquid as directed.

Discontinue antibiotic use in the event of a rash or other unfavorable reaction. Please call the office if you have any questions.

Nausea and Vomiting:

In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour including the prescribed medicine.

You should then sip on coke, tea or ginger ale. Sip slowly over a 15 minute period.

When the nausea subsides you can begin taking solid foods and the prescribed medicine.