
Extraction Procedures After Surgery Instructions

PAIN MANAGEMENT

- Alternate between an anti-inflammatory medication (ex. Ibuprofen, Naproxen) and a Tylenol based medication (ex. Tylenol or Tylenol #3). **Ibuprofen → 3hrs → Tylenol → 3hrs → Ibuprofen → etc.**

DIET

- Diet is more limited for a short time after surgery. A soft diet should be followed for *at least* 5 days post-op:
 - Some ideas include soups, pasta, noodles, eggs, pudding, ice cream, yogurt, juice, milkshakes, pancakes, or anything soft that you can tolerate.
 - **You can then advance your diet as tolerated.**
- **Avoid extremely hot or spicy foods.** Drink plenty of fluids.
- **Avoid anything too crunchy** (ex. nuts, seeds) **or anything too chewy** (ex. bagels, steaks).

BLEEDING/BRUISING

- Bleeding is normal and expected. **Bite firmly on the gauze pads, changing them every 30 minutes** until the bleeding stops. If bleeding persists, bite firmly on a wet black tea bag for 45-60 minutes. If it does not resolve after this, call the office for guidance.
- For the first 24 hours, do not rinse or spit, and avoid sucking through a straw.
- Bruising may occur and varies between patients. It may travel down the neck and collect at the chest.

SWELLING

- Swelling is expected and will continue to peak up until the 48-hour point and can take 2 weeks to resolve.
- Use **ice packs 20 minutes ON, then 20 minutes OFF for the first 48 hours.** After 5 days you may begin to start using heat packs.

WOUND CARE

- **Brush teeth and gums in the evening**, being gentle overtop of the extraction/surgical sites.
- **Rinse your mouth with the prescribed mouth rinse 3-4 times a day.**
- **After 3 days** you may begin using your syringe: **fill the irrigator with warm saltwater (½ tsp of salt in 1 cup of water).** **Direct the tip of the irrigator into the extraction site and flush the site completely.** **Continue to flush the sites for 2-3 weeks until they close.**

ACTIVITIES

- **DO NOT smoke or vape for 2 weeks following surgery.**
- Strenuous exercise should be avoided for 1 week following surgery.
- **Avoid any contact sport** in which you could get hit in the face for **2 weeks.**

STITCHES

- If sutures were placed, they **will dissolve on their own.**

NUMBNESS

- Numbness from the local anesthetic is temporary and will wear off in 2-4 hours. Take care not to bite your lips, cheeks, or gums.

DENTURE/RETAINER USE

- New dentures may or may not fit properly following surgery. **Ensure you have an appointment booked with your dentist no more than 3 days after your surgery.**
- If dentures fit, then they can be left in until your appointment with your dentist. Ensure the dentures are being removed twice a day to brush the gums and perform your mouth rinses.
- If the dentures do not fit, do not try to persist in wearing them as that can cause damage to your gums.
- If your orthodontic retainer fits and is not painful it may be kept in. Do not leave your retainer out for more than 2 days post-op.

GENERAL ANESTHETIC & IV SEDATION

- **Do not drive, operate heavy machinery, or sign legal documents for 24 hours post-surgery. You should not be left alone for 24 hours following surgery.**
- Muscle pain and generalized soreness can occur following surgery and may last for 2-3 days.
- You may experience a sore throat and nose bleeds throughout the day. These are common if you had a general anesthetic.

SIGNS OF INFECTION

- New onset swelling or pain
- Foul taste or odor in the mouth
- Fever
- Discharge from surgical sites

PEDIATRIC POST-OPERATIVE CARE INSTRUCTIONS

- **Fever:** A slight fever (38C) is not uncommon the first 48 hours after surgery. If a higher fever develops or the fever persists, try a pediatric antipyretic medication, such as Tylenol or Advil, and increase fluid intake. **Monitor your child for excessive fluid loss due to dehydration or from vomiting.**
- **Numbness:** The mouth will be numb approximately two to four hours and sometimes longer. Advise your child does not bite, scratch, or injure the cheek, lips, or tongue during this time.
- **Surgical site care:** Today, do not disturb the surgical site. Do not stretch the lips or cheeks to look at the area. Do not rinse vigorously, use mouthwash, or probe the area with fingers or other objects. Beginning tomorrow, you may use the prescription mouth rinse or warm salt water.
- **Pain:** Because some discomfort is expected, you may give your child Advil or Tylenol before the numbness wears off. Do NOT give aspirin to your child. Follow the instructions on the bottle for dosing based upon your child's age/weight.

POST-OP QUESTIONS AND URGENT CONCERNS

- Your well-being is our primary concern. Should you have any questions regarding your recovery, please contact our office.
- A doctor is on-call 24 hrs/day, 7 days/week for any serious post-op concerns (**bleeding, uncontrolled pain, signs of infection**). In the event of more urgent concerns, call our office at your earliest convenience. If you are calling after office hours or on the weekend, the answering machine will direct you to the oral surgeon on-call.
- If you are admitted to the hospital within 10 days from your procedure, please notify us immediately.
- **If you are having a medical emergency (chest pain, shortness of breath or uncontrolled bleeding), do not delay * dial 911.**



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