

Sierra Dental Group

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POST OPERATIVE HOME CARE INSTRUCTIONS FOR EXTRACTIONS

1. **BLEEDING: BITE ON THE GAUZE UNTIL YOU GET HOME.** If bleeding continues after removing the pack, a fresh gauze pack should be placed over the bleeding area and held with pressure for an additional hour. Once bleeding stops, the packing may be removed. Slight oozing producing pink or red saliva is normal during the first 24 hours. IF ACTIVE BLEEDING should occur at any time, gently rinse the mouth and remove any blood clots. Reapply the thumb-size roll of gauze or moistened tea bag wrapped in gauze and place over the wound with firm pressure for 30 full minutes. Keep your head elevated and apply ice packs on the side of the jaw. If bleeding persists, the office should be called for further instruction. Place a towel on your pillow during the night of surgery as minor oozing may occur from surgical site.

2. **ACTIVITY:** Following surgery, allow time for rest. Keep your head elevated when lying down. No smoking or drinking alcohol. Smoking and heavy drinking may result in implant failure. No strenuous exercise for 10 days. If you are taking narcotic pain medications, avoid driving and attempting any potentially hazardous tasks.

3. **DISCOMFORT:** is usually strongest during the first 24 hours. For severe pain, please use the prescribed medications as directed. For mild discomfort, Advil (ibuprofen) products should suffice. If your surgery was extensive, it may be advisable to take your first pain pill before the local anesthetic begins to wear off and as directed for the first 24 hours. Most pain medication can upset your stomach, especially if it is empty. You can prevent an upset stomach by drinking ginger ale or 7-Up (do not use a straw), or eating soft foods and then taking the first dose of pain medication 15 minutes later. Do not mix alcohol with medication.

4. **SWELLING:** Apply an ICE PACK to the side of the face for 20 minutes on, then 20 minutes off. You should continue this for the first 48 hours. Be aggressive with this therapy as it will diminish the overall amount of swelling and pain that you will have. Elevate your head for the first 2 days. After 72 hours, warm, moist heat may be applied to the face to help diminish the swelling and to help resolve any external bruising that may have occurred.

5. **RINSING:** The day after the surgery, you may begin rinsing your mouth gently after each meal with salt water (1/2 teaspoon of salt in a glass of warm water) and continue for one week. You may resume tooth brushing but avoid irritating the surgical site. DO NOT disturb, suck or touch the site with your fingers or tongue for the first 2 weeks.

6. **DIET:** A soft cold diet with plenty of fluids is recommended after surgery. Take a multi-vitamin. Avoid hot food and drink for 24 hours, as they tend to stimulate bleeding. Pain medication, antibiotics and small amounts of swallowed blood all tend to upset an empty stomach and may provoke nausea and vomiting. If nausea occurs, drink 2 ounces of carbonated drink, such as 7-up or ginger ale every hour until resolved. Call the office if nausea or vomiting persists. Do not use a denture or flipper for chewing. Avoid wearing a denture or flipper until approved by this office.

7. **DIETARY SUGGESTIONS FOR SURGICAL PATIENTS:** Take a daily multi-vitamin. For the first day after surgery, your diet should be soft and cold.

Some suggested foods are:

- ginger ale or 7-up
- natural fruit juices
- scrambled eggs (not hot)
- mashed potatoes
- applesauce
- baby food
- cold hard boiled eggs
- blended fruits and vegetables
- milkshakes
- yogurt
- ice cream
- cottage cheese

8. DIET FOR ONE WEEK: Your diet for the first day and until your suture removal should be quite soft and include nutritious foods that are high in vitamins and minerals to aid in healing.

Such foods are:

- milk
- cheese
- yogurt
- ground beef and fish
- cooked cereal
- pasta
- plenty of fluids (esp. water)
- blended fresh fruits/vegetables

Please avoid foods that are hard or tough to chew during the 6 months after surgery and until otherwise instructed.

Such foods are:

- popcorn
- tough meats
- hard candy
- dried fruits
- nuts
- hard breads

Overloading implants with hard foods can result in failure. Patients who eat good nutritional soft foods feel better, heal faster, and remain more comfortable. The importance of a nutritious diet cannot be overly stressed!

9. MEDICATION: Continue other medications which you may have been routinely taking before your treatment in our office. If antibiotics were prescribed, take as directed. Do not miss a dose, and continue the medication until it is gone. Contact your pharmacist if you have questions concerning your medications.

10. DENTURES: You may wear your denture for cosmetic purposes. However, do NOT chew hard foods with the denture for the first 6 months. The denture may need to be adjusted by your restorative dentist several weeks after your surgical appointment.

11. APPOINTMENTS: Return to our office for follow-up appointments and possible suture removal as instructed (usually 7-10 days after surgery).

12. YOU MAY EXPERIENCE:

- Swelling around the surgical site.
- Stiffness of the muscles which may cause difficulty in swallowing or opening the mouth.
- A slight earache or sore throat.
- Pain or numbness in other teeth.
- Dryness or cracking of the lips. Your lips should be kept moist with an ointment such as Vaseline.
- There may be a slight elevation in temperature for 24 to 48 hours. If this continues, notify us
- Slight exposure of the top of the implant.
- Bruising or yellowing of the side of the face. Warm, moist heat will help to resolve this.

13. CALL OUR OFFICE IF YOU DEVELOP: Please call the office if you have any of the following symptoms:

- Signs of infection, which usually begin 5 days after surgery, include increased pain, increased swelling and tenderness, increased temperature, chills and mouth odor.
- Diarrhea, nausea or vomiting. • Profuse, uncontrollable bleeding. • Uncontrollable pain. • Difficulty in breathing or any skin eruption or rash.
- Or if you have any questions or concerns.

Please call our office if you have a question or problem.