POST-OP SURGERY INSTRUCTIONS

ANESTHETICS
The length of time you experience numbness varies, depending on the type of anesthetic you’ve received (2-4 hours). While your mouth is numb you’ll want to be careful not to bite your check, lip, or tongue, and do not drink hot liquids.

BLEEDING:
A small gauze pack is usually placed on the extraction or surgery site to limit bleeding and confine the blood while clotting takes place. This gauze pack should be left in place for 1-4 hours after you leave the office. Do not chew on the pack. There may be some bleeding or oozing after the pack is removed. If so, follow this procedure:
- Fold a piece of clean gauze into a pad thick enough to bite on. Dampen the pad and place it directly on the area.
- Apply moderate pressure by closing the teeth firmly for about 30 minutes. If the pad becomes soaked, replace it with a clean one as necessary.
- A slight amount of blood may leak at the extraction or surgery site until a clot forms. However, if heavy bleeding continues, call the office immediately. (Remember, though, a lot of saliva and a little blood can look like a lot of bleeding.
- If persistent bleeding or oozing occurs you may bite firmly on a moistened tea bag for 30 minutes (Tea contains tannic acid which helps the blood to clot).

SWELLING AND PAIN:
Some swelling is expected following surgery. Most discomfort and pain can be controlled if pain medication is taken before the numbness and anesthetic wears off. Keeping an ice bag on the operated area for the first 24 hours following surgery will significantly decrease swelling and pain. You do not need to freeze the area, but just try to keep the area cool. FOR THE FIRST 24 HOURS DO NOT USE HEAT FOLLOWING SURGERY. HEAT INCREASES SWELLING AND PAIN! NO SMOKING, NO VIGOROUS RINSING, NO SPITTING, NO DRINKING OR SUCKING THROUGH A STRAW, NO ALCOHOLIC BEVERAGES, NO CARBONATED DRINKS, NO LISTERENE OR SCOPE TYPE MOUTHWASES, NO PEROXIDE RINSES.

ORAL HYGIENE
Avoid surgical areas for the first 2 wks, but do brush gently twice a day with a soft and warmed toothbrush with Perioguard Rx Mouthwash, being careful not to dislodge or break any sutured gums loose from around your teeth. Also, don’t forget to brush your tongue, which helps eliminate bad breath. Then resume normal brushing and flossing as directed.

BONE SPLINTERS
It is not unusual following extractions and dental surgery for small bone splinters or particles to migrate up through the gums as the area heals and remodels. They usually will come out naturally, but it some cases we may need to remove them for you.

DENTURES AND PARTIALS
In most cases, patients should not remove their new dentures or partials until the next morning following surgery. (Immediate dentures or partials act as a bandage and help keep swelling down.) Then gently remove your new teeth after each meal and at bedtime, rinse your mouth with Perioguard Rx mouthwash or warm salt water, and brush your remaining natural teeth, tongue, and any gums that are not near the surgical areas. Clean your dentures or partials with soap and warm water over a sink half full of water to prevent breakage in case of you drop them. Do Not Use Commercial Denture Soaks or Cleansers. JUST A ANTIMICROBIAL SOAP AND WATER. AFTER ONE OR TWO WEEKS OF HEALING AND SWELLING AND SORENES HAS GONE, IT IS USUALLY RECOMMENDED TO NOT SLEEP IN YOUR DENTURES OR PARTIALS, BUT TO LET YOUR MOUTH AND GUMS REST OVERNIGHT. REMEMBER TO KEEP YOUR DENTURES OR PARTIALS IN WATER WHEN YOU ARE NOT WEARING THEM (DO NOT LET THEM DRY OUT, THEY LIKE MOISTURE).

TAKE ALL RX MEDICATIONS AS PRESCRIBED, IF ANY UNUSUAL REACTIONS OCCUR, STOP AND CALL THE OFFICE AT 1-334-277-9570