

Post Operative Instructions

Call our 24 hour Answering Service at 485-2777 for any questions you might have after- hours

Please take the following medications as checked below:

Aleve: Take _____tablets _____ times per day for the next_____ days. This is the main drug for the control of pain. Use the narcotic pain pills prescribed below only if the Aleve is not sufficient. In most cases you will only need Aleve.

Advil: Take _____tablets _____ times per day for the next_____ days. This is the main drug for the control of pain. Use the narcotic pain pills prescribed below only if the Advil is not sufficient. In most cases you will only need Advil.

Hydrocodone/Acetomeniphen 5/325 (Norco): Take as described below.

Tylenol with codiene: Take as described below.

Percocet Take as described below.

Take 1 tablet every 4 hours for today only. Do this whether or not you feel like you need them. The goal is for you to feel no pain Take 1 tablet every 4 hours starting tomorrow **only if you have pain and need them.**

Take 1 table every 4 hours **only if you need them for pain.**

The medications in this shaded box contain narcotics and can make you drowsy. Avoid taking with an empty stomach. If you get an upset stomach from these medications discontinue their use. Do not drive while using these medications.

Penicillin 500 mg: Take 1 tablet 4 times per day until they are all gone.

Please do the following as checked below:

Don't eat any solid foods: The patient has been given a long-acting local anesthetic that can keep the face numb for up to 12 hours. Make sure that only liquids are taken until this numbness goes away. The danger is inadvertent biting of the lips and cheeks because they cannot feel anything! **Ensure** (a high protein drink) can be purchased at any drug store or supermarket and taken as a meal until the numbness goes away.

Home Care

We suggest that you do not brush around the areas of the extractions until we tell you it is OK to do so. However, you can rinse with salt water or Listerine.

What to Expect

Bleeding: Slight bleeding from the mouth is to be expected. However, if there is so much blood that it must be spit out every 2-3 minutes in large quantities, then this is abnormal and you should give our office a call for instructions. One good home remedy for the control of bleeding is to place damp tea bags over the surgical area and apply pressure by biting or with your fingers for 30 minutes.

Change the gauze: We have placed gauze in the mouth to help stop bleeding. It helps with comfort if you change the gauze when it becomes uncomfortable or when it becomes heavily soaked with blood or saliva. Check for any bleeding 30 minutes after arriving at home. If there is no bleeding it is not necessary to have any gauze in the mouth.

Rinsing of the mouth: If you want to remove food or blood clots from your mouth you can use some luke-warm salt water (1/2 teaspoon of salt in a glass of water) rinses to wash your mouth.

What To Eat: The first day after surgery it is good to eat soft foods. There is no special diet, but make sure the food is soft so that it will not tear any stitches or get into any open sockets. After the first day it is OK to eat any food that you can comfortably eat.

Regarding tooth extractions:

You may have pain which becomes worse after a few days and does not respond to the medication you are taking. This may indicate an inflammation of the bone socket called "dry socket." It is painful but is very easily treated and the pain relieved with simple medications. Call the office and arrange to come in for a sedative dressing.

Other teeth on the same side may ache temporarily for a week.

You may have a sore throat or earache for a few days. If the medication you are taking does not make you comfortable, call the office.

A numbness of the lower lip may occur on the same side as the surgery. This should cause you no alarm since it will more than likely gradually disappear in time. Mention this at your post-operative visit.

There may be a "hole" in your gums after surgery. This will fill in with time, usually a month. Rinse your mouth after meals to keep it clean.

Bony edges or small sharp bone fragments may work up through the gums during healing. These are not roots: if annoying, call this office to arrange for their simple removal.