

POST OPERATIVE INSTRUCTIONS

BLEEDING Do not disturb the wound with the fingers or sucking on it. Bite on gauze 45 minutes without changing it. Keep swallowing the saliva in the mouth. Remove the gauze after 45 minutes. If there is continued bleeding, apply pressure to the area for an additional 45 minutes. The saliva may be tinged with blood for 24-48 hours. The patient should continue to swallow the saliva as the motion of spitting may precipitate bleeding. However excessive bleeding should be controlled. Place a sterile gauze, a piece of clean white cloth, or a moist tea bag over the wound for another 45 minutes, if bleeding does not subside after a reasonable length of time, call us for further instructions. There is a doctor on call 24 hours a day and may be reached by calling 708-430-4440.

MEDICATIONS Pain medications and non-prescription medications should be taken as directed on the label, and started before the effects of the local anesthetic disappear. Antibiotics should be taken as directed until the entire prescription is gone. Certain medications including antibiotics such as penicillin can render the birth control pill ineffective. Therefore, other methods of birth control should be used. Do not mix alcohol with any medication.

SWELLING In an attempt to minimize the swelling which may occur later, use an ice bag, half hour on and half hour off for the first 12 hours following surgical procedure. The maximum amount of swelling normally occurs within 36-48 hours.

DIET Following routine extractions a soft diet such as soup and blended foods should be consumed for the first day. After that, unless otherwise specified, a normal diet may be resumed. Pain medication, antibiotics and small amounts of swallowed blood all tend to upset an empty stomach may provoke nausea and vomiting. A little food should help.

ORAL HYGIENE Do not rinse the area of surgery for 12 hours. After 12 hours, brushing of all teeth should be resumed preferably with a soft brush. For one week following surgery rinse gently with cold salt water 4 times a day. Do not smoke for 48 hours. Healing will occur rapidly when good oral hygiene is observed.

PATIENTS who have dentures inserted immediately after surgery should not remove their dentures until they have seen their dentist. Usually, within the first 48 hours, unless otherwise instructed. Rinsing with cold salt water with dentures in place several times a day helps maintain good oral hygiene.

ACTIVITIES Keep physical activity down to a minimum for the first 24 hours. Active sports should be avoided for 3-4 days unless otherwise instructed.

MISCELLANEOUS Pain in the ear, difficulty swallowing, difficulty opening and closing the jaw and some discoloration of the skin are symptoms which occur with varying frequency. These symptoms are usually temporary and should disappear during the normal healing period.

BONE GRAFTS No rinsing for two days after placement of grafting. It is normal for a small amount of grafting material to be dislodged after placement. Take all medications as directed. Complete all prescribed antibiotics after placement of graft.

IN THE EVENT OF AN EMERGENCY, THE DOCOTR ON CALL CAN BE REACHED AT 708-430-4440