

EXTRACTIONS POST OPERATIVE CARE INSTRUCTIONS

- Mild to moderate discomfort is to be expected following surgical procedures.
- Most discomfort occurs during the first 24 hours.

Over-the-counter anti-inflammatory medications such as Ibuprofen, Advil and Motrin are usually adequate pain relievers.

INSTRUCTIONS TO HELP PROTECT THE CLOT AND AVOID THE PAIN OF DRY SOCKET:

- 1. Go Home and Rest.** Your body has been put under stress and will welcome the time to recover. We recommend that you have someone stay at home with you the first day of surgery.
- 2. For Bleeding.** Bite firmly on the gauze in your mouth for (1) one hour. This helps stop the bleeding and prevents you from swallowing the blood in your mouth. It is very important that you don't talk during this time as this will increase the bleeding. After an hour, if the bleeding has stopped, you can remove the gauze. If bleeding persists after the hour, take the sterile gauze you were provided, fold it in quarters, and repack the extraction site(s). Check every 30 minutes and change, if necessary, until the bleeding stops. Some oozing of the surgical site is normal for the first 24-36 hours. However, if you should notice that the bleeding has increased, wrap gauze around a moist tea bag, place it over the surgical site, and gently bite on it for 20 minutes.
- 3. Oral Hygiene.** Do not rinse your mouth today and do not spit anything out of your mouth. Beginning tomorrow, gently rinse your mouth using 8 ounces of warm water to ¼ tsp of salt. Rinse several times a day and after every meal and snack for about a week. Brush your teeth with a soft toothbrush as close to the extraction site as comfortable. If you have been given Peridex, starting using this the evening of the surgery, rinsing gently in the morning and evening. Meticulous oral hygiene should be continued. Your mouth will feel better and the surgical area will heal faster if all irritants are removed frequently with a soft toothbrush. **Avoid brushing the surgical site**, but careful brushing on the adjacent teeth is advised. You may want to brush with warm water and without toothpaste.
- 4. Things to avoid:**
 - Strenuous exercise
 - Rinsing your mouth too vigorously
 - Sharp or hot foods
 - Using a straw as this creates suction and can dislodge the blood clot
 - Smoking for at least 2 weeks - it slows the healing and increases the risk of developing a dry socket condition
- 5. Diet.** You may eat soft cool foods in the first 24 hours, such as yogurt, cereal, ice cream, jell-o, room temperature soup, mashed potatoes or pasta. Children must be watched closely as they can chew their cheek and tongue while still numb. It is most important that you maintain adequate nutrition during the healing period. Patients who maintain a high protein diet of soft foods generally feel better, heal faster, and have minimal discomfort.
- 6. Swelling.** Swelling may be decreased by placing a bag of crushed ice or frozen vegetables (peas/corn) in a towel and holding over the face/jaw for 20 minutes on, then 20 minutes off for the first 24 hours. If possible, rest sitting up so your head is higher than your heart.
- 7. No Driving or Operating Machinery for 24 Hours. Take your pain medication as prescribed.** It is best to get the medication into your system before the local anesthesia wears off. Taking it with a small amount of soft food will help prevent stomach upset.
- 8. No Alcohol.** Do not consume alcohol while taking narcotic pain medication. It can be life threatening.

Dry Socket

WHAT IS DRY SOCKET?

When the blood clot that forms in the socket after a tooth extraction becomes dislodged it will cause the socket to become inflamed and underlying nerves and bone to be exposed. The clot is necessary to protect the socket, stop bleeding, promote the development of new bone and gum tissues, and prevent pain.

SYMPTOMS

- Severe throbbing pain that does not respond to normal pain medications
- Starts 1 – 4 days following an extraction and the pain may radiate into your ear
- You may also notice a foul odor or taste in your mouth

CAUSE AND PREVENTION

- Do not touch the extraction site with your fingers or tongue
- Do not smoke or use tobacco
- Do not rinse the area during the first 24 hours after extraction
- Do not suck through a straw
- Avoid sneezing or coughing when possible
- Avoid carbonated, hot or alcoholic drinks

DIAGNOSIS AND TREATMENT

Call our office right away if you notice any symptoms of dry socket. Treatment often includes a gentle rinsing of the socket with a medicated solution. We may also pack the site with a gauze dressing that contains a soothing anesthetic. You'll probably need to return to our office several times over the next week or two so we can change the dressing and monitor the effectiveness of your pain medications. Prompt diagnosis and treatment will allow the blood clot to fill back in and the area will begin to **heal normally** once again.

CONTACT INFORMATION

To reach us during regular office hours (Monday-Thursday 7:30am to 5:00pm) please call 503-243-6111. To reach Dr. Kevin outside of those hours please call 503-341-5786.