

**Park Family Dental  
530 W. Lockport St. Suite 210  
Plainfield, IL 60544  
(815) 267-7878**

### **POST OPERATIVE CARE**

**-BLEEDING** Bite on a gauze pad for 45 minutes then discard. If bleeding continues, fold gauze tightly and place over bleeding area and maintain firm biting or finger pressure for 30 minutes. A tea bag, wet or dry, is an excellent substitute for a gauze pack. Avoid frequent pack changes, rinsing or physical exertion until bleeding has ceased.

**-DO NOT RINSE** your mouth today. **DO NOT** use straws for drinking. Tomorrow, rinse every 3 to 4 hours, using warm water. Continue for several days.

**-DIET** No eating or drinking for one hour. Hot, spicy or coarse foods should be avoided. Avoid popcorn and peanuts that may become stuck in the tooth extraction sites. Any other food that the patient can tolerate is permissible. It is important that the patient drinks at least 2 quarts of fluid per day. Liquid supplements (Meritine, Nutrament, etc.), available at your pharmacy and baby foods are excellent food sources for those few days, if needed.

**-NO SMOKING OR ALCOHOLIC BEVERAGES** for one week.

**-ANESTHESIA** Patients who have received a general anesthesia should **NOT**:

- A) Drive a vehicle or operate any machinery within the same day of surgery.
- B) Undertake any responsible business matters within the same day of surgery.
- C) Drink any alcohol on day of surgery.
- D) Take any medication without approval.

**-PAIN** Pain is to be expected and may be severe for the first few hours. **One must:**

- A) Take the prescribed medication before the anesthetic wears off.
- B) Take the medication to relieve pain. If dizziness or weakness is experienced, lie down.
- C) Allow approximately 45 minutes for pain medication to take effect.

**-SWELLING** Swelling is to be expected and may reach its maximum up to 3 days after surgery, but is no cause for alarm. Swelling may be reduced by :

- A) Applying an ice bag or chopped ice to the operated area 15 minutes on and 15 minutes off as possible for the first 48 hours.
- B) After 48 hours substitute a hot water bottle or hot towel in the same manner until swelling has receded.
- C) Keeping your head slightly elevated when lying down (i.e. extra pillow or two).

**-BRUISING** Bruising may occur but this should be no cause for alarm and should disappear within 10 days. You may have a slight earache or sore throat. Should this become worse after several days, call the clinic.

**-NAUSEA** Nausea rarely occurs and may be avoided by taking pain medication with a glass of milk. If nausea is severe, stop taking the prescribed medication and switch to an acetaminophen based medication (Tylenol). If pain is too severe, call the clinic.

**-ANTIBIOTICS** Antibiotics (Penicillin, Amoxicillin, etc.), if prescribed, must be taken as directed and for the length of time indicated on the bottle. Antibiotic medication may decrease the effectiveness of birth control pills. Therefore, patients taking birth control pills who have been prescribed antibiotics should use an additional method of contraception during the remainder of

the contraceptive cycle.

-Occasionally following oral surgery, unrelated complications may occur (Tonsillitis, flu or cold). This is due to the fact that the patients resistance may be low prior to or following surgery. If you feel run down or have not eaten or slept for several days, it is wise to avoid crowds, drafts and get as much rest as possible. On the other hand, if you feel well and strong, you may carry on with your normal activities regardless of the swelling or bruising.

-Stitches are removed in 5 to 7 days without pain. Sometimes they will work loose and fall out. This is of no concern. If you have stitches, and an appointment has not been made, please call for an appointment to have them removed.

-Immediate dentures should not be removed until you have been seen by your dentist. This is usually within 2 days. Sores on the gums are common and will be treated on this visit.

-Small bone fragments usually work through the gums during the healing process. They are not roots and usually fall out within a few days. If annoying, contact the office for their removal.

-Tightness of the jaw muscles may cause difficulty in opening the mouth. This should disappear within 3 days. Application of a warm towel may be of some benefit.

-Your lips should be kept moist with a cream or Vaseline following surgery to avoid cracking. There may be a numb feeling on your lower lip if lower teeth were removed. The feeling should return gradually. It may remain numb anywhere from a few days to a few months. This is especially true with impacted teeth.

**-IF ANY UNUSUAL SYMPTOMS OCCUR OR IF YOU HAVE ANY QUESTIONS CONCERNING YOUR PROGRESS, PLEASE CALL THE CLINIC.**