



## GENERAL INSTRUCTIONS FOR SURGERY

### EXTRACTIONS AND IMPACTIONS

#### MEDICATIONS

Patients taking medications to relieve pain or other drugs that may retard reflexes should not operate machinery, cars, etc. while taking these medications. Antibiotics should be taken as directed until the prescription runs out.

#### EXTRACTIONS AND IMPACTIONS

- **Bleeding-** A small amount of bleeding is expected and the saliva may be blood tinged for 24-48 hours. If bleeding is persistent, it can be controlled by placing a piece of sterile gauze (or moist tea bag, **green tea preferably**, wrapped in gauze) over the wound and firmly biting on it for 30 minutes. Repeat if necessary. Do not rinse your mouth. It is important that the gauze is placed directly over the site where the tooth was removed and not over the adjacent teeth. The gauze must be bulky enough to prevent the upper and lower teeth from meeting when biting firm.
- If bleeding persists after proceeding as above, examine the surgical site for an external clot. This is a mass of dark colored rubbery material which projects from the surgical site and may extend along the adjacent teeth. If this is present remove all of it by wiping the area with a piece of dry gauze. Rinse mouth vigorously with warm water to remove any further remnant of extruded clot. Proceed again as above.
- **Pain-** This can be controlled by taking 2 ibuprofen/Advil every 4 hours if necessary. If you have been given a prescription for pain relief, use it as directed. These medications should be taken with food. Avoid alcoholic beverages.
- **Swelling-** Apply an ice pack to the face in the area of surgery for 20 minutes on, 20 minutes off for the first 24-48 hours post-surgery. Swelling is not uncommon after surgery. It is usually maximal in about 48-72 hours, and may last several days thereafter. Discoloration of the skin, of the face and neck may occur within 10 days following surgery and should not be cause for alarm. Keep your head elevated and sleep with about 3 pillows for the first 2 to 3 days.
- **Numbness-** Your tongue and lip may be numb for several hours after the procedure depending on the type of anesthesia used.
- **Mouth rinse-** Do not rinse mouth within 24 hours after surgery. After this time, use ¼ teaspoon of table salt in glass of warm water and rinse gently after meals for about 10 days. Patients who have had impacted teeth removed, should rinse after eating for at least one month.
- **Diet-** Soft and bland foods are advisable for the first 24 hours. Good nutrition post-surgery is essential. Do not use a straw for drinking. Smoking within the first 5 days after surgery can retard healing.
- **Hygiene-** Continuing proper hygiene is imperative. Normal care should be maintained, but the surgical area should be excluded from care when brushing, flossing, dental irrigation appliances, etc., for one week.
- **Fever-** A low grade fever may occur following surgery and should not cause alarm.
- **Irrigation-** Beginning 7 days after your procedure, you can start to irrigate the extraction site using the irrigation syringe provided by our office. Fill the syringe with lukewarm water and place the tip of the syringe gently into the extraction site. Proceed to flush the area completely clean.

*In case of an emergency call the office promptly. When calling after hours for emergencies; please call our office number (239) 254-9933 and leave a message for Dr. Moe. Please keep phone line free for a return call.*