



PERSONALIZED DENTISTRY OF LANCASTER

Post-Operative Instructions For Extraction(s)

Day of Surgery

Prior to Surgery: Take any pre-medications as indicated by your physician and Dr. Ney. Antibiotic pre-medication is most often to be taken one hour prior to surgery.

First Hour Post-op: Bite down firmly on the gauze packing that was placed over the extraction sites. This gauze may be gently removed after 30 minutes. If active bleeding persists, place more gauze over the extraction site(s) and continue biting with firm pressure for an additional 30 minutes.

Persistent Bleeding: If bleeding continues as indicated by flowing of bright red blood, bite down with firm pressure on a wet tea bag for 20 - 30 minutes. Should bleeding not be controlled after following these steps then contact the office at 717-824-3818. If after hours, use option 2 which is the emergency contact to reach Dr. Ney.

Exercise Care: Do not rinse vigorously or probe the extraction site with your tongue or any instrument. When rinsing your mouth out, gently roll the water around in your mouth and then let it roll off your tongue. Do not spit. You may brush your teeth gently avoiding the extraction site. **Do not smoke** for at least 48 hours. Do not drink through a straw. Failure to follow these instructions may cause a dry socket, which is very painful and requires further treatment.

Swelling: Swelling may occur after tooth removal, especially if some of the bone was removed in order to extract the tooth. It can be controlled with cold packs, ice bags or frozen vegetables (such as peas). 20 minutes on and 20 minutes off. Anti-inflammatories such as Ibuprofen or Naproxen may be prescribed.

Pain: As with any type of surgery there is most often some post-operative pain/discomfort. The most severe pain is usually experienced within the first 6 hours following extraction. Take OTC or prescribed pain medications prior to the anesthesia wearing off to minimize discomfort, then take as prescribed.

Nausea: Nausea is not uncommon if blood was swallowed or may be caused by some pain medications or antibiotics. It can be reduced by taking pills with food and large amounts of water. Eating yogurt with active cultures or taking probiotics can reduce intestinal discomfort when taking antibiotics.

Diet: Stick to a soft diet for the first 24 hours after surgery. Avoid very hot foods. Do not eat any small foods like nuts, seeds or popcorn that can get stuck in the extraction socket. Over the next few days work in more solid foods.

Sharp Edges: It is not uncommon after extraction(s) to feel sharp or hard edges of bone that once supported the extracted tooth/teeth. Gum tissue will grow over and cover these edges as the area heals. Occasionally, small slivers of bone may work themselves out through the gums over the next week or two. If they are causing a lot of discomfort they may need to be removed.

Days 2 and 3 Post Surgery

Mouth Rinses: Keeping the mouth and surgical site clean after oral surgery is very important. Rinse at least three times a day with salt water (this should be continued for a minimum of one week). Dissolve $\frac{1}{4}$ teaspoon of salt in an 8 oz. glass of warm water, and rinse gently by taking small sips of the salt water and rinsing for 30 seconds at a time until all of the solution has been used. In some cases, Dr. Ney may prescribe a mouth rinse that is to be used as directed.

Persistent Swelling: Sometimes swelling may linger and can be controlled by using warm compresses (warm moist washcloth or hot water bottle) for 20 minutes on and 20 minutes off. This will help to reduce swelling and stiffness of the jaw.

Brushing: You may resume your normal oral hygiene routine, being careful with the toothbrush around the extraction site so as not to disturb the blood clot.

Sutures: If sutures are placed, Dr. Ney will let you know if you need to return to have the sutures removed in 7 – 10 days or if the sutures will dissolve.

Healing: The first two days after extraction(s) are the most uncomfortable and may be accompanied by swelling. Healing will be gradual, but steady improvement should be observed. If you don't experience a steady improvement call the office for further instructions. Narcotic prescriptions will not be called in to a pharmacy. If pain persists and a narcotic or other strong prescription pain reliever is needed, you must be seen at the office.