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POST OPERATIVE INSTRUCTIONS FOR ORAL SURGERY PATIENTS

ANESTHETICS

The length of time you experience numbness varies depending on the type of anesthetic you received. While your mouth is numb you will want to be careful not to bite your cheek, lip or tongue. The numbness from the anesthetic should subside within a few hours. Drowsiness may persist for several hours following sedation; this is normal. Be aware that pain control prescriptions also cause drowsiness. If you are drowsy, do not drive an automobile or operate machinery.

BLEEDING

Your dentist will place a gauze pack in the extraction side to limit bleeding and confine the blood while clotting takes place. Remain biting on the gauze pad in your mouth for thirty (30) minutes. DO NOT chew on the pack. Change the pad on. Place pad directly on the extraction site. Maintain biting pressure for thirty (30) minutes. If the pad becomes soaked, replace it with a clean one as necessary. DO NOT lie down until the bleeding has stopped. DO NOT suck on the extraction site. Blood streaked saliva may persist for twenty-four (24) hours or more and this is normal. If bleeding is excessive during the night and you are concerned, please call the office to contact the Dentist. If unable to contact the Dentist, go to the nearest hospital emergency room for treatment (Remember though, that a lot of saliva and a little blood can LOOK like a lot of blood).

SWELLING

Facial swelling is normal following most extractions. You can help reduce swelling and pain by applying cold compresses to the face. An ice bag or cold moist cloth can be applied for twenty (20) minutes and five (5) minutes off for the first four (4) or six (6) hours as necessary. Swelling normally increases for 3 days and begins to subside about the fifth day.

PAIN

You may take Tylenol as directed by the Dentist. If this does not relieve your discomfort, the pain control prescription you were given should be taken as directed. If the medication prescribed does not seem to work for you DO NOT increase the dosage. If you have prolonged severe pain, swelling, bleeding or fever please follow the directions listed under emergency.

ORAL HYGIENE

DO NOT rinse your mouth or brush your teeth immediately following surgery. The day after the surgery you may gently rinse your mouth with warm water (1/2 teaspoon of salt to a large glass of warm water). You should rinse with this warm salt solution in the morning, after every meal, and before bed. Rinsing after each meal is important to keep food particles out of the extraction site. Remember to rinse gently and avoid using commercial mouthwash or mouthrinse during the healing period. Beginning the day after surgery you may brush your teeth using care in the surgical areas. Use a soft bristled brush so that you do not injure the tissues in your mouth. The tongue should be brushed to help eliminate the bad breath and unpleasant taste that is common after an extraction.

DIET

A good diet is essential, especially following surgery. Initially, soft foods high in nutritional value are recommended. Return to a normal diet as soon as possible. Stay with cool or lukewarm foods. Fluid intake following surgery should be increased with emphasis on water and fruit juices. Do not suck fluids through a straw.

SMOKING

DO NOT smoke for at least three (3) days following your surgery. Smoking greatly slows the healing process and is the major cause of dry sockets, a very painful healing process.

EMERGENCY

If following surgery you feel the need for emergency treatment please (1) come to our office if it is during office hours, (2) if closed, call the office and ask for the Dentist, or, (3) if unable to contact the Dentist, go to the nearest hospital emergency room for treatment.

**THE ABOVE POST SURGICAL CARE INSTRUCTIONS ARE IN ACCORDANCE WITH CURRENT
A.D.A. RECOMMENDATIONS.**