

EXTRACTIONS AND OTHER SURGICAL PROCEDURES

If these instructions are followed carefully, normal swelling, bleeding, stiffness, and discomfort will be kept to a minimum. Please reduce your activities and try to relax. Avoid disturbing the extraction site today: No rinsing or sucking in the area of the wound. No alcohol, tobacco, or spitting. Have nothing extremely hot or coarse. A clot is forming which must not be irritated or disturbed.

TO CONTROL BLEEDING: Immediately following the procedure, keep steady pressure on the bleeding area by biting firmly on the gauze pad placed by the doctor. Pressure helps reduce bleeding and facilitates healing and clot formation. Gently remove this compress after one hour if the bleeding persists, a new gauze pad may be placed every twenty minutes. *Slight* bleeding may occur for up to 2 days. Avoid activities that could apply a suction action to the blood clot such as smoking or sucking through a straw. (Also do not suck on lozenges.) A wet tea bag placed on the extraction site can help stop the flow. If bleeding remains excessive, please contact our office.

TO RELIEVE PAIN: Take two aspirins or acetaminophen (Tylenol) (whichever you can take safely) every 4 hours as needed. If medication has been prescribed, please take as directed. Avoid driving or operating hazardous machinery while on prescription pain medication. Any or all medication should be discontinued if unusual symptoms occur.

DRY SOCKET is an infection of the extraction site. It usually occurs in lower back molars, and is generally accompanied by bad odor, taste and increasing pain. If you experience a dry socket, contact our office so that we can make you comfortable. One's disposition to dry socket bears a direct relationship to one's home care.

GOOD ORAL HYGIENE IS IMPORTANT for healing. Starting tomorrow you must remove plaque around all teeth, especially those adjacent to the extraction site. Daily flossing, brushing, and proxibrushing keeps infectious, irritating bacteria to a minimum. Oral rinses (including salt water) do not remove bacteria and should only be used to flush out food particles that accumulate in the extraction site.

MAINTAIN A PROPER DIET. Have your meals at the usual time. Eat soft, nutritious foods and drink plenty of liquids. Add solid foods to your diet as soon as they are comfortable to eat. Avoid chewing on the extraction site.

REMOVAL OF IMPACTIONS OR THE SURGICAL REMOVAL OF BROKEN TEETH may cause an exaggerated healing response. Severity of postoperative pain will depend on the procedure and your physical condition. Take all medications precisely as directed. If swelling or "black and blue" skin discoloration occurs apply ice packs (ice in a plastic bag wrapped in a towel) alternately on the area for 15 minutes and off 15 minutes, for a total of 3 hours.

BONE CHIPS. During healing you may notice small bony fragments working their way through the gums. We can easily remove them if they are too annoying.

SUTURES MUST BE REMOVED one week from the extraction date. They do not dissolve (unless we specifically tell you they will) and can become infected.

QUESTIONS?

You should experience little trouble if you follow the instructions and suggestions as outlined. If you do have questions, please call our office for further information: 215-634-7006