

TOOTH REMOVAL POST-OPERATIVE INSTRUCTIONS

1. It is normal and expected to experience bleeding and some discomfort following a dental extraction. If a tooth is surgically removed or sectioned for removal, then swelling and bruising of the cheek can also be expected.
2. The gauze that is placed over the surgical site at the completion of the treatment should be left in place for at least 45- 60 minutes. If the gauze becomes saturated with blood or saliva and is no longer applying pressure to the area, change it to a fresh piece of gauze and continue to apply pressure for another 45 minutes. If bleeding persists after 90 minutes please call the number below
3. An ice pack is helpful in preventing swelling and decrease the pain. To be effective, it must be applied as soon as possible after surgery. Do NOT place directly on skin. Swelling gradually worsens for about three days before it improves.
5. If medication is prescribed for pain control, it should be taken as directed. Minor discomfort can be controlled with Tylenol or Aspirin. Motrin 800mg every eight hours, or Motrin 600mg every 6 hours also helps and can be taken for up to a week afterwards. Please take with food. Do not take these medications if you have any reaction to them.
6. Diet varies greatly from patient to patient. It is usually best to start with liquids or soft foods and return to a regular diet as tolerated. Generally anything that is comfortable to eat is okay. **No vigorous rinsing, spitting, or using a straw the first 72 hours following surgery.**
7. Patients should not smoke, drink carbonated beverages (sodas), or alcoholic beverages. Refrain from using commercial mouthwashes containing alcohol for one week after surgery.
8. Remember, a clean mouth will heal faster than a dirty mouth. Starting the day after your surgery, gentle rinsing with salt water rinses after your meals and brushing your teeth will speed your healing and recovery.
9. Fever or increased pain, which starts more than 2 days after surgery, is not normal and should be evaluated by your surgeon. Please call the number listed below
10. If you have any further questions or problems, please contact your surgeon's care coordinator:
Dr. Blakey: Jessica Kiley 919-537-3703
Dr. Turvey: Tamiqua Chargois 919-537-3702
Dr. Reside: Angel Cummings 919-537-3704
Dr. Daniel: Angel Cummings 919-537-3704
Dr. Fisher: Amber Mills: 919-537-3705

If there is an after-hours or weekend emergency, please call at (919) 966-4131 and ask for the **Oral and Maxillofacial Surgery Resident on call.**