



SCAN
ME!



Post Surgery Instructions



Like us

Having a tooth removed or any surgery for that matter can be a scary procedure, but rest assured your mouth will now be healthier than ever. We use the most up to date techniques and materials to ensure your procedure will have a successful outcome.

What you can expect

- Keep firm pressure on the gauze we placed in your mouth for the next 30-60 minutes after the extraction.
- Change the gauze no more than every 20 minutes.
- Wet the gauze slightly first before placing it in your mouth so that it does not stick to the forming blood clot.
- When a little blood mixes with saliva, it appears as though you have a lot of blood in your mouth, when in reality, there is VERY little. It is normal to ooze for as long as 24 hours.
- In rare cases, a slightly moist tea bag (tannic acid) maybe used to encourage clotting (regular, not herbal).
- As soon as possible place an ice pack over the area, 10-20 minutes on and 10-20 minutes off for the first 6 hours. Ice is only effective the first day of surgery.
- For the next 24 hours, do NOT rinse or swish your mouth with any fluids. Do NOT spit out. If you happen to taste some blood in your mouth and swallow a little of it, it will NOT hurt you.
- After 24 hours you can rinse with any rinse provided and/or use warm salt water 3-5 times per day for 5-7 days after surgery. (1 teaspoon salt in 8 oz warm water)
- No smoking for the next 72 hours. The heat and force of inhaling can ruin the blood clot your body is trying to form in the surgical area. It also delays healing!
- No exercise for the next 48 hours. When you exercise, your heart beats harder, your capillaries are expanded, and you bleed more.
- Relax, take it easy. Keep your head elevated for the remainder of the day. Always get up slowly to prevent dizziness.
- Drink a lot of water (NO carbonated or alcoholic beverages)
- Please eat only soft, cool foods for the next 48 hours. Hot, crunchy types of food can ruin the blood clot trying to form. Examples: applesauce, yogurt, Jell-O, ice cream, smoothies, pasta, eggs etc.
- If you were given a narcotic pain medication, please eat something before you take the medication, or you are likely to get sick to your stomach.
- DO NOT CONSUME ALCOHOL WHILE TAKING PAIN MEDICATION
- Take your pain medication before the anesthetic has worn off and on schedule for the first 24 hours until you can determine your pain level and can decrease it accordingly.

- You can alternate your pain medication with Ibuprofen every 2 hours (Adults do not exceed 2400 mg of Ibuprofen in a day or 24 hour period.)
- If we have prescribed an antibiotic for you, please take the entire antibiotic per the directions. Antibiotics have to be in your system for a specified amount of time to be successful. If you stop taking it before the prescription states, resistant bacteria may develop and worsen the problem.
- If we have prescribed a narcotic pain medication (Percocet, Lortab, etc) make sure not to take that when driving or operating machinery.
 - A good pain management regimen for times when you are driving or at work is: 3 tablets of Ibuprofen (Advil or Motrin) (600 mg) with two Acetaminophen (Tylenol) (1000 mg) every 6 hours – studies have shown this combination to have nearly the same effectiveness as narcotic pain relievers on pain levels, without the narcotic effect.
 - Use 4000 mg or less of Tylenol per 24 hours (Account for the fact if you are taking other pain medications that have Tylenol (acetaminophen, APAP) in it); be careful about this.
 - Use 2400 mg or less of ibuprofen per 24 hours.

Frequently Asked Questions:

Q: *How long should I leave the gauze in?*

A: 1 hour or until bleeding has ceased.

Q: *When can I brush my teeth?*

A: Tomorrow, but please do NOT spit out your toothpaste. Just let it fall out of your mouth, be careful around the surgical site. You can soften your toothbrush bristles with hot water.

Q: *When can I eat something warm or solid?*

A: Lukewarm; 24 hours. Solid and warm; 48 hours.

Q: *It's been more than a couple of hours and I am still bleeding. Is that okay?*

A: 1 or 2 drops of blood mixed with your saliva can look like a LOT of blood, so it's probably okay. Try the tea bag method listed above. If it is still bleeding profusely after 2-3 hours, please contact us at 615-490-0658.

Q: *I received stitches, when will I need to have them taken out?*

A: 7 to 10 days from the day of the surgery.

Q: *One of my stitches fell out, is that okay?*

A: If one comes out after 2-3 days, you will be fine.

Q: *I think I am getting a dry-socket, how will I know?*

A: Dry sockets are a delayed healing response, which may occur during the 3rd to 6th post-operative day. It more commonly occurs in a lower socket and may seem to be directed towards the ear. They generally get better whether treated or not. Mild cases can be helped with a slight increase in pain medication. Worse cases may require medication placed in the socket for relief. CAL US IMMEDIATELY

**If You Have Any Concerns or Questions,
Please Do Not Hesitate To Call our Office at 705.450.4000
23 Great Northern Road, Sault Ste. Marie**