

INSTRUCTIONS TO OUR PATIENTS FOLLOWING EXTRACTION PROCEDURES

DISCOMFORT: Following extraction procedures, a certain amount of discomfort can be expected. To minimize discomfort in the extraction area, take the prescribed medication or your usual pain reliever. If you choose to take the stronger prescribed narcotic pain medication, you should not drive a car or operate dangerous equipment. It is normal for the area to be tender for the first few days with less discomfort each passing day.

MEDICATIONS:

-Take the Ibuprofen medication for the next 1 – 2 days as needed for pain. **Discontinue as soon as possible.**

-Take the narcotic or stronger medication only as needed for additional discomfort. The narcotic medication can be taken in addition to the Ibuprofen medication.

**Important: DO NOT discontinue the Ibuprofen medication while taking narcotic medication. It is safe to take the two medications together. Food will help prevent nausea from the medication. Also, if an antibiotic is prescribed, take the entire prescription. Discontinuing antibiotic treatment early can delay healing.

MOUTH CARE: An ice pack should be applied to the outside of the face in the area of the extraction, 10 minutes on and 10 minutes off, for the first 6 hours after the extraction. Starting the day after the procedure, frequent rinsing of the mouth (3-5 times per day) with warm salt water (½ tsp. of salt to 1 cup of warm water) is recommended. The Periogard should be applied to affected area twice daily with a cotton ball. On the day following surgery, routine oral hygiene procedures should be started in all areas except those on or near surgical dressings. You may carefully and gently brush the dressing. Refrain from **smoking**, drinking **hot** fluids, using **straws** and **spitting** for the first 24 hours after the procedure. This can increase bleeding and prevent normal clotting.

DRESSING: The material which may have been placed over the extraction site is primarily for your comfort. It will take 2 hours to harden. The dressing should come off before your next appointment with small pieces chipping off even sooner. Do not be concerned, it is not necessary to replace it. Some sutures may also come out with the dressing and this is normal. When the dressing comes off, the membrane material may be visible. It could have a whitish appearance which is normal until the gum tissue is completely closed in approximately 3-4 weeks.

BONE PARTICLES: It is common for small bone particles to surface during healing. They may feel like grains of sand. You may also feel a sharp edge with your tongue around the socket as the area begins to heal. If it's uncomfortable, and you don't want to wait for it to come out by itself, call us to have it easily removed.

SWELLING: Swelling is not unusual following some procedures and usually disappears within 4 – 5 days. In most instances these problems can be controlled if the post-operative mouth care instructions are followed. If swelling occurs after 24 hours, continue with the ice packs for the next 12 hours.

BLEEDING: A slight amount of bleeding should not be alarming; however, if the bleeding is excessive or continues over a long period of time, place a gauze pad over the bleeding area and hold firmly for **15 minutes by the clock**. Repeat if necessary. You should be able to stop the bleeding with repeated efforts with pressure. If it persists, please call us.

Vigorous rinsing of the mouth prolongs the bleeding by removing the clotting blood, so avoid this practice if bleeding is noted. **Please note: slight bleeding with mostly saliva will appear pinkish in color and is **not** considered **active** bleeding. Active bleeding will appear very red.

DIET/EATING: You may eat any food you desire, however, avoid hot foods and liquids the first day to help prevent bleeding. A diet of a softer consistency would be advised until chewing becomes more comfortable. Remember, a proper diet is essential for healing and is helpful to prevent nausea from the pain medication.

POST-OPERATIVE VISIT: Usually your first post-operative appointment will be scheduled in 4 weeks to check healing. We may recommend seeing you sooner if multiple teeth were extracted.

****If any problems develop which concern you or if you need anything, do not hesitate to call any of our doctors at the office or at home. We are ready to help at any time.

PHONE #'S: DR. ALBRIGHT (502) 245-4691; DR. BURTON (502) 228-4750; DR. SHEARER (502) 836-5601