

Post Operative Instructions Following Extractions & Oral Surgery

AFTER SURGERY Please follow all post-operative instructions and take all medications as instructed. If you have questions or concerns call our office, or after hours call or text **Dr. Keys at 520.270.6358**.

BLEEDING Blood tinged saliva is normal for up to 24 hours after a procedure. ***For the first 24 hours, maintain a cold diet.*** Hot foods or drinks can provoke bleeding. Do not rinse or spit for the first 48 hours, the Doctor will recommend when to start rinsing. If you have questions, contact your doctor as soon as possible. Pressure with small gauze will usually be all that is required to stop any post-operative bleeding that occurs.

DISCOMFORT Take prescription (or narcotic) pain medication exactly as instructed and avoid consuming alcohol, driving, or operating machinery. You may take the first dose before your local anesthetic has completely worn off. Instead of narcotics, you may take either 600mg of ibuprofen and 650mg of acetaminophen every 6 hours (3 Advil™ and 2 Tylenol™).

SWELLING Expect some swelling (or bruising) in the surgical area and around lips and cheeks for 2 to 3 days. For the first 3 days (72 hours) after surgery, apply ice packs to the exterior of your face, cheeks, chin, and jaw line for 15 minutes each hour that you are awake. Do not place ice packs directly on your skin, use a barrier such as gauze or a towel. If you experience swelling place the ice packs on the swollen areas, and refrain from any activity. There is no medication which will take swelling away quickly, it will resolve on its own.

NUTRITION For ***the first 24 hours, maintain a cold diet.*** You should generally eat softer foods than you ordinarily would. Try to chew in an area other than the surgical site. Also, the roots of your teeth may be extremely sensitive to extreme hot or cold after treatment.

ORAL HYGIENE You may clean your teeth as you normally do in all areas except the surgical site. Use the prescription mouthwash (if given by the doctor), as directed.

STITCHES If stitches (sutures) are used to close your surgical site, they may be removed in about 7-14 days at the office. Stitches occasionally become loose before your post-operative appointment. If this occurs and they become bothersome, please contact the office. In some cases absorbable sutures will be used, they are made of protein and if swallowed, are harmless.

PARTIALS/DENTURES Wear these only as directed by your doctor. These prostheses will usually have to be modified and/or relined so as not to press upon the surgical site. Dentures act as bandages and need to be worn for 24-48 hours after surgery. If removed prematurely, you may not be able to re-fit them due to swelling and discomfort.

INFECTION Rarely, a post-operative infection can occur, however, if you experience drainage from the surgical area contact the office. If antibiotics are prescribed always finish the antibiotic prescriptions.

DRY SOCKET When tooth is removed, a blood clot forms. Should the clot become dislodged by excessive or vigorous rinsing, improper diet, or disturbing the area, a dry socket can occur. It typically presents with increased pain 3-5 days after the procedure. If this occurs, please contact the office right away.