



EDWARD COLLINS III, DDS, MS ~ RUSSELL LINMAN, DDS, MD ~ ERIC SCHMIDT, DMD

INSTRUCTIONS AFTER TOOTH REMOVAL

DAY OF SURGERY

1. **Bite on gauze** steadily for one hour then replace it with lightly moistened gauze every hour until the bleeding stops. The gauze pad should be rolled tightly and placed directly on the extraction socket with pressure applied steadily. Bleeding usually stops in 3-4 hours. It is normal for the socket to ooze on and off for several days.
2. **Medications:** Take any and all medications as directed.
3. **Pain:** the most common complaint after having teeth removed is that the surgical site is painful for several days after surgery. Although we cannot guarantee you will be pain free after surgery, steps can be taken to improve the level of pain control. You may be given a prescription for a narcotic medication. We recommend you also begin a regimen of ibuprofen (Motrin, Advil) unless your doctor advises otherwise. Ibuprofen is an over-the-counter medication that you can obtain at the pharmacy without a prescription. It is dispensed as 200mg tablets. As soon as you can eat after surgery, take 2-3 tablets of ibuprofen. Continue taking 2-3 tablets every 6-8 hours after surgery until pain subsides. Take the prescription medication if you have pain that the ibuprofen is not handling. It is important to stay "ahead" of the pain, so take medications early on in the pain course rather than waiting until it is severe. You can take up to 2 tablets of the narcotic medication every 4 hours if needed. Please call if you have any concerns.
4. **Try not to lie down flat today.** Lying down will lead to more swelling, bleeding and pain. We recommend that you either sleep in a chair with your head elevated or propped up with several pillows in bed. The general rule is that if you had pain during the day, sleep with your head elevated that night.
5. **Eat a soft diet** such as ice cream, yogurt, pudding, pasta, eggs, etc. until the local anesthesia wears off. Keep drinking fluids throughout your recovery. Hydration is critical for proper healing.
6. **Ice:** For the first 24 hours after surgery, place ice on the side(s) of your face where the tooth (teeth) was removed. This can decrease pain and swelling. We recommend placing ice on your face for 20 minutes then taking it off for 10 minutes. After 24 hours, the ice should be discontinued and heat may be placed on your face if desired. Use a rice pack or moist heat if possible. Continue heat until the swelling has gone away.

DAY AFTER SURGERY

1. **The next morning** it is important to get up and start relieving the swelling that occurred overnight. Brush your teeth very gently near the extraction sites and normally everywhere else. You may find warm water will make the bristles softer and more comfortable in the extraction areas. Rinse gently to rinse out the toothpaste. Warm salt water rinses should begin 24-48 hours after surgery. Do not use commercial mouth rinses such as Listerine, Scope, or hydrogen peroxide. These solutions can delay healing.
2. **Eat soft, solid, high calorie food** the day after surgery if you are comfortable chewing. Take small bites and chew in an area away from the extraction sites. Good nutrition promotes healing.
3. **If you have stitches,** they will dissolve on their own, and you do not need to come back to the office if you think you are doing well.
4. If you have moderate to severe pain that is persistent or increasing after 5-7 days from surgery, or if you have any questions, please call our office.



EDISON LAKES
ORAL SURGERY

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SPECIFIC CONCERNS

1. **DISCOMFORT:** The narcotic pain pills prescribed for you will help decrease this pain, but may not totally eliminate it. Narcotic pain medications may upset your stomach. This side effect can be lessened if you eat something substantial before taking the medication. Pain may be managed with ibuprofen or similar over-the-counter medication. Stay “ahead” of your pain by taking your pain medication when the pain is mild rather than waiting until it is severe. Smoking will greatly increase your pain.
2. **BLEEDING:** Some oozing is to be expected after oral surgery. Biting on gauze with firm, steady pressure for 1 hour after surgery will usually be enough to stop continuous bleeding. If brisk bleeding continues, place a fresh, cold, tightly-rolled, dampened gauze pad directly over the bleeding area and bite firmly and continuously for another 60 minutes. If bleeding persists, biting on a moistened tea bag wrapped in gauze may stop the bleeding.
3. **SWELLING:** Some swelling is normal following oral surgery. Putting an ice bag intermittently on the face on the day of surgery limits this swelling and makes it feel better. Ice used after 24 hours from surgery will generally increase your pain. Beginning the day after surgery, moist heat to the face may help reduce swelling and soreness.
4. **DIET:** High fluid intake is essential. Your urine should be clear and frequent (every 2-4 hours). Eat nourishing, soft, high calorie foods such as cottage cheese, creamy soups, milk shakes, ice cream, pudding, yogurt, egg salad, tuna fish, or pasta.

DON'T...

1. Don't suck through a straw for 3-5 days.
2. Don't rinse with commercial mouth washes or hydrogen peroxide for at least 1 week.
3. Don't do strenuous exercises for 5-7 days
4. Don't smoke for at least 7 days after surgery and longer if you are having any postoperative pain.

If, after your procedure, you have any questions or concerns please feel free to contact us at 574-272-8823.