



939 W North Avenue Suite 800 Chicago, IL 60642 | 312.642.3370 | M-F 8AM-8PM Sat-Sun 8AM-2PM

POST TREATMENT INFORMATION: DENTAL SURGERY

BLEEDING - Bite on a gauze pad for 45 minutes then discard. If bleeding continues, fold gauze tightly, place over bleeding area and maintain firm biting of finger pressure for 30 minutes. A tea bag, wet or dry, is an excellent substitute for a gauze pack. Avoid frequent pack changes; rinsing or physical exertion until bleeding has ceased. The area may still bleed minimally for the next 24 hours but most swelling and bleeding should end within one or two days of the surgery.

DO NOT RINSE your mouth today. **DO NOT** use straws for drinking. Tomorrow, rinse every 3-4 hours using warm water. Continue for several days.

DIET - No eating or drinking for one hour. Hot, spicy, or course foods should be avoided. Avoid popcorn and peanuts that may become stuck in the tooth extraction site. Any other food that you can tolerate is permissible. It is important that you drink at least 2 quarts of fluid per day. Liquid supplements (Meritene, Nutrament etc) available at your pharmacy and baby foods are excellent food sources for the first few days, if needed.

NO SMOKING OR ALCOHOLIC BEVERAGES for one week.

ANESTHESIA - Patients who received general anesthesia should:

- NOT DRIVE** a vehicle or operate any machinery within the same day of surgery
- NOT** undertake any responsible business matter within the same day of surgery
- NOT** take any medication without approval.

PAIN is to be expected and may be severe for the first few hours. You must:

- Take the prescribed medication before the anesthetic wears off, and the pain becomes evident, usually one hour following surgery.
- Take the medication to relieve pain. If dizziness or weakness is experienced you should lie down.
- Approximately 45 minutes should be allowed for you to become aware of the effect of any pain medication.

SWELLING is to be expected and may reach its maximum up to three days after surgery, but it is **NO CAUSE FOR ALARM**. Swelling may be reduced by:

- Applying an ice pack to the outside of the face in relation to the area of surgery. 15 minutes on and 15 minutes off as possible during the first 48 hours. After 48 hours, substitute a hot water pack or hot towel in the same manner until swelling has receded.

BRUISING may occur. This is **NO CAUSE FOR ALARM** and should disappear within 10 days.

EARACHES & SORE THROAT - You may have a slight earache and/or sore throat. Should this become worse after several days, call our office.

TONSILLITIS, FLU, COLD - Occasionally following oral surgery, unrelated complications might occur. This is due to the fact that your resistance to viruses may be low prior to or following surgery. If you feel run down or have not eaten or slept for several days, it is wise to avoid crowds, drafts, and get as much rest as possible. On the other hand, if you feel well and strong, you may carry on with your normal activities regardless of swelling or bruising.

NAUSEA rarely occurs and may be avoided by taking pain medication with a glass of milk. If nausea is severe, stop taking the prescribed medication and switch to an acetaminophen based medication, such as Tylenol. If pain persists after taking Tylenol, call our office.

ANTIBIOTICS - If prescribed, must be taken as directed and for the length of time indicated on the container. Antibiotics may decrease the effectiveness of birth control pills. Therefore, patients taking birth control pills should use an additional method of contraception during the remainder of the contraceptive cycle.

DENTURES - Immediate dentures should not be removed until your dentist has seen you. This is usually within 2 days of surgery. Sores on the gums are common and will be treated on this visit.

BONE FRAGMENTS - Small bone fragments usually work through the gums during the healing process. They are not roots and usually fall out within a few days. If annoying, contact our office for their removal.

TIGHTNESS OF THE JAW may cause difficulty in opening your mouth. This should disappear within three days. Application of a warm towel may be of some benefit.

LIPS should be kept moist with a cream or Vaseline following surgery to avoid cracking. There may be a numb feeling on your lower lip if lower teeth were removed. The feeling should return gradually. It may remain numb anywhere from a few days to a few months. This is especially true with impacted teeth.

ANY OTHER SYMPTOMS NOT DESCRIBED ON THIS SHEET THAT OCCUR PLEASE CALL OUR OFFICE AT (312) 642-3370