

Patricia Berube, D.M.D., M.S., P.A.

Periodontics and Dental Implants, Exclusively

INSTRUCTIONS TO PATIENT FOLLOWING EXTRACTIONS

Optimal healing following extractions is dependent on proper post-operative care. It is very important to **READ** and **FOLLOW** these instructions as many of your questions will be answered.

VOCABULARY

Motrin = Advil = Ibuprofen, Tylenol = Acetaminophen

PAIN MEDICATION:

Here are two options:

- 1) 2 tabs Advil and 2 tabs Tylenol. Then take one tab each of Tylenol and Advil every four hours by the clock. Take 2 tabs Advil and 2 tabs Tylenol at bedtime and upon arising and then continue with taking one each every four hours.
- 2) 600 mg Advil and 1000 mg Tylenol taken together every six hours.

The goal here is to manage the pain without the need for a narcotic and to use the least amount you need for comfort.

Please read about the side effects, possible risks and drug interactions prior to taking these and any medications. If you aren't sure that you can take either medication, please consult your MD. You do not want to exceed 4000 mg of Tylenol in one day and some sources say 1200-2400 mg of ibuprofen in one day.

COMFORT

It is unlikely, but if given a narcotic prescription (e.g. Tylenol #3), in addition to the use of a non-narcotic pain medication (Ibuprofen or Tylenol), take your pain medication as directed following completion of the surgery. **DO NOT WAIT** for the discomfort to become severe before taking the medication. **NEVER** take pain medication on an empty stomach. **DO NOT** attempt to drive or work with dangerous machinery while taking pain medication.

Tylenol #3:

- This contains acetaminophen (Tylenol). If you take plain acetaminophen you must wait at least 4 hours before taking Tylenol #3 or there is a risk of overdosing on acetaminophen (remember not to exceed 4000 mg a day).
- This may cause nausea and vomiting. To decrease this risk, it is better if taken after eating or drinking.

TOOTH REPLACEMENT

Please do not wear removable tooth replacement appliances unless you specifically have been requested to do so. Your appliance is to be worn for esthetics only. Do not wear when eating. If socket preservation was done, it is very important that you do not take the appliance in and out. Be sure to follow the directions given to you.

ANTIBIOTICS: We recommend higher doses of Vitamin C and probiotics for at least three weeks after use.

If antibiotics were prescribed, they should not be taken at the same time as the pain medication to prevent nausea from occurring. It is very important to take the antibiotics until they are all finished, as directed on the bottle. If you experience any side effects such as itching or redness, please discontinue the medication and contact the office. *For women: If antibiotics are prescribed, they may interfere with the efficacy of birth control pills and an alternative method of birth control should be utilized for the duration of the antibiotic usage and throughout the present menstrual cycle.*

SWELLING

Some swelling usually will occur. If this happens, it will be greatest the first 48 to 72 hours following surgery. To minimize swelling, use ice packs, 15 minutes on, 15 minutes off the area(s) of the face corresponding to the surgical site (do not place ice packs directly on skin). It is important that this be done for the first day. After 24-48 hours, switch to moist heat.

BLEEDING

Keep the gauze pad in place for at least thirty minutes, using light but firm biting pressure to control bleeding. Do not spit or rinse mouth during the first day (this will disturb the clot). Blood-tinged saliva is not unusual and may persist for several hours, however, if bleeding persists, fold a piece of clean gauze into a pad thick enough to bite on and dampen the pad with clean, warm water (otherwise the clot will stick to the dry gauze pack). A moist regular tea bag

or moist wash towel can also be used for this purpose. Keep your head elevated for at least 15 minutes before re-examining the area. Do not try to stop the bleeding by rinsing. If bleeding persists, please call the office.

ACTIVITY

Try to rest and keep talking to a minimum, avoiding strenuous activity or exercise for at least 3 days after the procedure. Be kind to yourself and allow your body to heal.

SUTURES

It is common for sutures to feel as though they are becoming loose. If part of a suture does start to come out, please do not pull it out. You may cut the piece shorter if needed.

ORAL HYGIENE

The day after surgery, begin gentle rinsing twice a day with salt water rinses. You may also choose to dilute 1/8 tsp of sodium hypochlorite in 1/3 cup of water to swish and spit for one minute. You may brush and floss the teeth not involved in the surgery. Please discontinue the use of any mechanical hygiene aid (including brushing, flossing) for 2 weeks post-surgically at the surgical area, or until told it is safe to do so.

DIET

The importance of a nutritious diet cannot be over-stressed during this healing period. A patient who eats good soft foods feels better, remains comfortable and heals faster. A hungry person becomes irritable and nervous. It has been scientifically shown that a person in this state is more susceptible to pain.

Avoid eating on the treated side, if possible. A softer diet is recommended during the first two days. Do not eat hard foods or anything too hot for the first two days. Milk shakes, Instant Breakfast, Ensure, fruit juices and warm soups are recommended for the initial meals.

Soft foods can be eaten until you feel ready to go back to your regular diet. The following require little pressure to chew and provide necessary nutrients: eggs, cottage cheese, ground meat, bananas, cooked fish, cereals and whole wheat bread. **Vitamin C** aid healing, therefore fresh orange juice and/or tomato juice is excellent. You should continue your usual vitamin supplements. Please refrain from consuming alcohol (if using pain medications). Please do not drink from a straw for at least one week post-surgically (if there are bleeding issues).

SMOKING

Smoking compromises healing. It is therefore recommended that you refrain from smoking for the next three weeks to promote excellent healing. This is especially true if a bone graft has been performed.

FEVER

A slight fever or chills may occur. It is of no consequence unless it persists more than 24 hours. If a fever persists more than 24 hours or if the fever is above 102°, please contact our office. This is a rare occurrence and should not be expected.

ANESTHETICS

The length of time you experience numbness varies, depending on the type and amount of anesthetic you've received and the areas that was anesthetized. While your mouth is numb, you'll want to be careful not to bite your cheek, lip or tongue. The numbness should subside within a few hours. If it doesn't, contact our office.

FUTURE APPOINTMENTS

You may be seen for follow-up. Please keep appointments as scheduled.

We find that most patients are somewhat apprehensive about their upcoming surgical appointment. Nearly everyone, however, finds the experience much easier than they had imagined. We want you to know that our entire office staff is committed to making your experience as easy and pleasant as possible. If you have any questions or concerns, don't hesitate to contact us at 940-384-7374.

Please keep in mind that we have an emergency phone number, however, this is for dental emergencies only.