

IMPACTED OR BURIED TEETH:

The following conditions are not uncommon with removal of these teeth, difficulty in opening your mouth due to muscle spasms. If a lower impaction was removed, you may have numbness of the lower lip or tongue, on the side from which the tooth was removed. This is almost always a temporary condition. It is not disfiguring, but just annoying. It may last from a few days to many months. After removal, the adjacent teeth may re-align themselves, causing some discomfort. Sores may develop at the corners of the mouth, and these should be covered with a mild ointment (Vaseline).

SHARP BONY EDGES:

Occasionally patients will place the tongue on an operation site and feel a hard substance they think is part of a tooth. It is the hard, bony wall which originally supported the tooth. Leave it alone and it will heal nicely.

IF YOU ARE IN DOUBT ABOUT ANYTHING AT ANY TIME, PLEASE CONTACT THIS OFFICE.

POSTOPERATIVE INSTRUCTIONS

**JOHN C. DI GRAZIA, D.D.S.
PETER M. DI GRAZIA, D.M.D.**

TELEPHONE: 786-2077

FAX: 786-0146

**1625 LAKESIDE DRIVE
RENO, NEVADA 89509**

WWW.DIGRAZIADDS.COM

Extraction of teeth or other oral surgery are serious surgical procedures. Post-operative care is very important and to prevent complications and unnecessary pain, discomfort, and expense, the following instructions should be followed closely to insure proper healing.

KEEP THE MOUTH CLEAN:

Do not use a mouth-wash for at least 12 hours after leaving the office. The day after surgery use a solution of ½ teaspoon of salt in a glass of warm water as needed, not too vigorously, since this may dislodge the blood clot and possibly delay healing. Resume brushing teeth the following day.

BLEEDING:

Following oral surgery, slight bleeding or oozing for several days is not uncommon. Place a roll of sterilized gauze over the wound and bite down firmly for at least thirty minutes. Repeat if necessary. If bleeding continues after trying the above, bite on a moistened tea bag for 20 minutes. The tannic acid in the tea bag helps to form a clot by contracting bleeding vessels. Apply an ice bag or cold towel compress to the cheek. Do not become excited, but rather lie down with head elevated on three pillows. If bleeding does not subside, call for further instructions.

PAIN:

For severe pain take tablets prescribed for pain. For moderate pain, one or two tablets of aspirin, Büfferin, Anacin, Empirin or Tylenol may be taken every two or three hours with milk or juice. **IMPORTANT!** Swallow tablets; do not dissolve in mouth. If prescription was given, use as directed. The prescription for pain will make you a little groggy and will slow down your reflexes. Do not drive an automobile or work around machinery. Move about slowly. If you suddenly sit up or stand up from a lying position, you may become dizzy and a few people black out for a few seconds. Without infection or other complications the discomfort following an extraction or other oral surgery will usually disappear in a few days. However, if pain or swelling continues it may require attention and you should call the office.

ANTIBIOTICS:

If you have been placed on any antibiotic (you will be told of this), take all of the tablets or liquid as directed. The drugs you may be given will minimize swelling, reduce discomfort, prevent infection and promote healing. Discontinue only in the event of a rash or other unfavorable reaction.

SWELLING:

The swelling that is normally expected is usually in proportion to the surgery involved. This swelling may be minimized by the immediate use of ice or cold packs. Use an ice bag or pack on the jaw for 30 minutes of each hour after surgery while awake for the first 24 hours. Prolonged use of this is of no value. After 24 hours, if the swelling or jaw stiffness has occurred, apply heat on the outside of the face, using a warm, moist dressing. If this causes bleeding, discontinue hot application. Inflammation with swelling is a natural result of surgery and may persist for several days, but should cause no alarm. The swelling should be greatest the second or third day after surgery, and thereafter slowly recede. Some temperature rise is to be expected after surgery.

DISCOLORATION:

You may develop black, blue, green or yellow discoloration resembling a bruise in the tissue. This is due to a slight oozing of blood beneath the tissues and is of little significance. This is a perfectly normal post-operative event. It should be treated the same as swelling.

FLUIDS:

For the first 4 hours, cold liquids only may be consumed. **DO NOT USE STRAWS**, as the sucking motion causes more bleeding - drink from a glass. Dehydration must be guarded against when having oral surgery. Since a patient's solid food intake may be limited the first day, it is necessary to compensate for this by increasing the fluid intake (at least 5 of 6 glasses of liquid a day should be taken). Drink fluids such as water, orange juice, tomato juice, ginger ale or milk the first 24 hours and follow with a soft diet for about 2 days.

DIET:

After 4 hours, you may eat anything soft you wish by chewing in an unoperated area. A High calorie, high protein intake is very important. Soft nutritious foods such as soft boiled eggs, chopped meats, custards, jello, thick soups, milk, milk shakes or a liquid dietary supplement should be substituted. Nourishment should be taken regularly. Try not to miss a single meal. You will feel better, have more strength, have less discomfort and heal faster if you continue to eat.

NAUSEA:

In the event of nausea from taking codeine or other drugs for pain, take the following: the juice from one orange, a "pinch" of salt, two teaspoons of Karo syrup and tap water added to fill the glass. Mix and sip very slowly until full glass has been retained. Repeat as often as necessary. If this does not help, call for further instructions.