

OPEN & AFFORDABLE DENTAL BRACES

POST OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

1. **DO NOT RINSE MOUTH TODAY.** Tomorrow, rinse your mouth gently every 3-4 hours (especially after meals) using 1 tsp of salt to a glass of water. Continue the rinses for several days. Avoid hot/warm fluids/ foods for the first 2 days. You may brush your teeth, being gentle around the extraction site. Be careful not to dislodge the clot.
2. **BLEEDING.** Following extractions, some bleeding is to be expected. Leave the in-office gauze placed over your extraction site for 30 minutes. Place new folded gauze pads over the extraction site and bite down firmly for 1 hour. Dry gauze may dislodge the clot. You may wet the gauze slightly to avoid removing the clog. If after 4-5 hours you are still bleeding, bite on a wet Lipton tea bag. If bleeding does not stop, call our office. We will see you right away or be put in contact with a doctor. Excessive bleeding can be identified when the gauze has no white portions visible after 2 gauze changes.
3. **SWELLING.** Apply an ice bag or chopped ice wrapped in a towel to the operated area, (10 minutes on and 10 minutes off) for 4-5 hours.
4. **DISCOMFORT.** Mild to average discomfort, use the prescribed medication found below. For severe pain that doesn't subside after 48 hours, call our office.
5. **FOOD.** A light diet is advisable during the first 24 hours. Drink plenty of fluids. Milkshakes (without using a straw) are good after extractions. Avoid any vigorous spitting or sucking the first 24 hours.
6. **SMOKING.** Avoid smoking for at least 24 hours, 48 hours is preferable, 20 years is ideal.
7. **WORK/EXERCISE.** Light work and no exercise for the first 24 hours. Avoid heavy lifting/exercise for the first week..
8. **BONY EDGES.** Small sharp bone fragments may work up through the gums for up to six months. These are not roots. If annoying or painful, please call our office for an appointment.
9. **INFECTION.** If an antibiotic has been prescribed for you, complete the prescribed regime. Take it 2 hours after the pain pill, so if one upsets your stomach, you will know which one it was. If you have been prescribed a prescription rinse, use it twice a day like listerine. If you were provided a syringe, use it to power wash the extraction site only with continued pain 48 hours after the extraction.
10. **BONE GRAFT.** If you had a bone graft placed, it is normal to have some of the bone graft flake off until the gum has completely healed.
11. **SUTURES/STICHES.** If you had sutures placed, they will normally fall out on their own within 7 days or less. If they fall out sooner, it usually is not an emergency, but you may contact your doctor to see if they want them replaced.
12. **POST OPERATIVE APPOINTMENT.** You may need to return to the dental office for a post operative check to make sure you are healing normally. The doctor will request this appointment after the extractions if needed. There is no charge for this appointment.
13. **ANTIBIOTICS.** Antibiotics are only recommended if you have postoperative systemic infection. Discuss with your provider if you want or do not want antibiotics. If you have a fever or increased swelling, please call the office. Frequent and unnecessary antibiotic use creates antibiotic resistance, a serious condition. Go to an urgent care or emergency room if you experience trouble breathing.

PAIN MANAGEMENT FOR DENTAL PROCEDURES

Studies and experience have shown that the following pain management regime is the most effective for post operative dental pain. If you have allergies or contraindications to any of the following, take only the other drug and discuss with your healthcare provider. The following should be taken every 8 hours at the same time for 10 days or until the pain is gone. You may purchase these over the counter. There is no need for a prescription.

- 500 mg Acetaminophen (Extra Strength Tylenol). Take every 8 hours for 10 days or until pain is gone.

* It is contraindicated to take Acetaminophen (Tylenol) if you have liver problems. Do not exceed 3000 mg per 24 hours.

- 400 mg Ibuprofen (Two 200 mg pills). Take every 8 hours for 10 days or until pain is gone. Do not exceed 1200 mg per 24 hours.

* It is contraindicated to take Ibuprofen if you are pregnant, have kidney disease, ulcers, heart conditions, using anticoagulants, or have coagulation (bleeding) issues.