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Post Operative Instructions For Tooth Extraction

As your mouth heals you can promote faster healing of your surgical site(s) and avoid complications by following these recommendations:

Some discomfort, bleeding and swelling should be expected in the next 24-48 hours as your mouth heals.

Take all medication as prescribed

For adults who choose not to take prescription pain relievers, if allowed by your physician, you can take either 600mg ibuprofen/Motrin or two extra-strength acetaminophen/Tylenol every six hours as needed for pain.

Do not smoke, spit or suck through a straw for at least 48 hours. Doing so could dislodge the blood clot and lead to dry socket.

Starting tomorrow, you can use a warm salt water rinse if desired. (1 tsp of salt in 8 oz of warm water)

Chew on the side opposite of the extraction site, if possible, and avoid any foods that are too hot or too cold. Soft foods are best.

No heavy lifting or working out for at least 24 hours post extraction.

Brush and floss as you normally would, paying particular attention to gently clean the teeth around the surgical site, without brushing directly overtop of it.

Change gauze every 20 minutes until the bleeding has stopped. If you do not have enough gauze you can use a moist tea bag or a wet washcloth.

If there is any swelling, apply a bag of ice wrapped in a towel on the side of your face for 20 minutes. Wait 20 minutes and then repeat if necessary.

The initial healing period typically takes from one to two weeks, gum tissue takes about 3-4 weeks to heal and complete healing of the bone can take about 6-8 months depending on your care of this area.

Do not disturb the extraction site. In doing so you may invite irritation, infection or bleeding.

If you need any further assistance you can contact Dr. Sommer on her cell phone at home: 419-305-7238.

Additional More Detailed Post Operative Instructions

BLEEDING: When you leave the office, you will be given verbal instructions regarding the control of postoperative bleeding. A gauze pad will be placed on the extraction site that you are asked to keep firm pressure on. You will also be asked to change this dressing every *20 to 40* minutes or so depending on the amount of bleeding that is occurring. The gauze should be dampened before placing them over the surgical site. Change gauze only 3-4 times so as not to remove the blood clot. Do not chew on the gauze. *It is normal for some blood to ooze from the area of surgery* for 12 hours. We will also give you a package of gauze to take with you to use at home if the bleeding should continue. Should you need to use the gauze at home, remember fold the clean gauze into a pad, thick enough to bite on. Then moisten it and place it directly on the extraction site. Hold it firmly in place, by biting down on the gauze pad or use finger pressure. This pressure helps reduce bleeding and permits a clot to form in the tooth socket. If bleeding still continues, moisten a tea bag with water and wrap it in gauze and fold it in half and bite down on it for 30 minutes. Tea contains Tannic Acid which may help to reduce the bleeding. Keep your head elevated with pillows to control bleeding.

SORE JAW JOINT: Your jaw may be sore from holding your mouth open during surgery. This may last 4-5 days. Massage the jaw muscles gently. Apply moist heat for 10 minutes on/10 minutes off. Eat soft foods. Do not over extend opening your mouth, it can further aggravate this area. There may be some semi-permanent numbing in the area of the extraction. It will decrease in size within the first 6 to 8 weeks and may continue until 6 months after surgery.

DIET: For the first 24-48 hours, you should maintain a diet of soft foods, such as Jell-O, pudding, yogurt, mashed potatoes, clear soups, etc. Food that crumbles such as potato chips, popcorn, crackers, cookies, etc. should be avoided. Hot spicy foods should also be avoided to prevent irritation and burns of the extraction site. Also avoid carbonated and hot beverages for 3-4 days. Avoid sticky foods like taffy. Eating immediately following the procedure is not recommended. When the numbness has worn off you may eat yet be sure to chew on the opposite side for the first 24 hours in order to keep food away from the extraction site. Cut food into small pieces to ease chewing. Return to a normal diet as tolerated. **DO NOT DRINK ALCOHOL** for 48 hours after surgery.

ACTIVITY: For the first 24 hours, your activity should be limited because increased activity can lead to increased bleeding. No bending over or heavy lifting for 2-3 days. Do not play any wind instruments or blow up balloons for a period of 10-14 days. When lying down elevate your head slightly.

PAIN-that lasts for up to a week or so but is gradually *improving* should be considered typical. Pain that seems to be *getting worse* after two days should be considered abnormal and may require an evaluation by us.

ANESTHESIA WARNING: When a local anesthetic is used your lip, tongue and cheek may be numb for several hours after the procedure. While it is numb, it will feel "funny". During this period you *must be careful not to bite, chew, pinch and/or scratch this area* which can lead to serious soft tissue trauma.

LONG TERM PROBLEMS: You may have a numb, tingling feeling in the area for 4-6 weeks or longer. Having a missing tooth can lead to several problems such as shifting

teeth, difficulty chewing and malocclusion which could lead to [HYPERLINK "http://www.dentalgentlecare.com/new_page_8.htm"](http://www.dentalgentlecare.com/new_page_8.htm) TMJ problems. This area will need to be restored with a fixed bridge, implant, a removable partial or a denture to insure good long-term dental health.