



## Post Surgical Instructions-Simple Extractions

### Lake Orion Family Dentistry

#### IMPORTANT:

Please read the following information. Your knowledge of this information will make your post-surgical period much smoother and allow your healing to occur rapidly and naturally. If you do not completely understand any of the instructions, please ask one of the available assistants for clarification!

#### ANESTHETICS:

The length of time you experience numbness varies depending on the type of local anesthetic you received. While your mouth remains numb, please be careful not to bite your cheek, lip, or tongue. The numbness should subside within a few hours on the upper. We use a longer lasting anesthetic on the lower so it will remain numb longer than the upper teeth, if done. This numbness can last anywhere from 2-18 hours on the lower. If the numbness fails to go away within 24 hours, please call the office.

Minor bleeding (oozing) may be expected for 1-3 days and is considered normal. However, brisk, rapid, bright red bleeding is not normal and should be stopped. In adult patients we sometimes use dissolvable sutures (stitches) to close the wound sites that are gone within a week. Please use the following suggestions to stop the bleeding:

1. Fold a clean gauze "2x2" into a thick pad, moisten in cool water, and place directly over the bleeding site. Bite on the compress for 45 minutes. If you need more gauze just ask the pharmacist for "2x2"s
2. Immediately after surgery bite down on clean gauze for at least the first 2-4 hours after eating/drinking/taking medications. This helps "seal" all the tissues back down onto the bone along with the stitches
3. If the preceding is unsuccessful, use a moistened tea bag (squeeze dry first). If these techniques are unsuccessful, please contact the office.

#### ORALHYGIENE:

It is important to continue your normal hygiene with daily brushing and flossing. Gently rinse with warm salt water (**half** a teaspoon of salt into an 8-oz. glass of warm water), starting immediately after surgery for 5 days. Rinsing after meals is important to keep food particles out of the extraction site(s), but remember not to rinse too vigorously. If prescribed, use Peridex (Chlorhexidene gluconate if generic) two times a day for 5 days after salt water rinsing and brushing/flossing. This reduces the chance of a postoperative infection ("dry socket").

#### DRY SOCKET:

For Permanent or "Adult" teeth (and usually in adults only) a condition called "dry socket" may develop. Women are more likely than men to suffer from a complication of tooth extraction known as dry socket. Normally, a blood clot forms in the bony socket of a recently removed tooth. This clot serves as a scaffold around which tissues grow to permanently heal the wound.

In some cases, however, the clot does not form properly or is prematurely lost. The underlying bone is exposed and becomes inflamed and infected creating a "dry socket." The pain caused by a dry socket usually begins a few days after the extraction and can be moderate to severe in intensity. Sometimes the pain can even radiate to the jaw or ear. Other symptoms of dry socket include bad breath or a bad taste in the mouth. When a patient does have dry socket, we can cleanse the socket with hydrogen peroxide and sometimes pack it with medicated dressing or medicated paste. We may also prescribe more painkillers to help ease the pain.

Women taking oral contraceptives are even more likely to suffer with dry socket than women not taking oral contraceptives. This is due to the estrogen contained in the contraceptives. Estrogen seems to interfere with the normal clotting process.

Other things you can do to reduce your chances of suffering dry socket after a tooth extraction: Avoid using straws as the change in pressure within your mouth can displace a newly formed clot. Avoid smoking which can infect the blood clot within the bony socket. Avoid using commercial mouthwashes, which contain substances that can destroy blood clots.

DIET:

A nutritionally balanced diet is important! During the first 24 hours, drink warm soups and eat soft foods that are easily chewed and swallowed. Avoid alcoholic beverages and hot liquids. Gradually progress to solid foods, but do not skip meals. Multivitamins and/or Vitamin C can help the healing process. Diabetics should maintain their normal diet and medications as usual.

I acknowledge receiving a copy of these forms on \_\_\_\_\_(date)

Patient/Guardian Signature\_\_\_\_\_