

## **General Instructions for Surgical Extractions and Impactions**

### **Medications**

Patients taking medication to relieve pain or other drugs that may slow reflexes should not operate machinery, cars, etc. while taking these drugs. If prescribed: Antibiotics should be taken as directed, around the clock, to maintain adequate blood level, until the prescription runs out. If an Antibacterial Rinse, Peridex, has been prescribed continue using until directed otherwise by the doctor. *Instructions for Peridex use is on page 2.* Prescriptions have been sent electronically to your pharmacy:

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**1 BLEEDING** – Remove gauze after 30 minutes, you should not have to replace. A certain amount of bleeding is expected, and the saliva may be blood tinged for 24-48 hours. If your bleeding is persistent, it can be controlled by placing a piece of sterile gauze (or a moist **HOT** tea bag wrapped in gauze), over the wound and biting on it for 20 minutes. Repeat if necessary. Do not rinse your mouth. It is important that the gauze be placed over the site where the tooth was removed and not over adjacent teeth. The gauze must be bulky enough to prevent the upper and lower teeth from meeting when biting firmly.

**2. PAIN-** Do not take aspirin or aspirin containing medication for 24 hours following surgery. If you have been given a prescription for relief of pain, use it as directed. These medications should be taken with some food. Avoid alcoholic beverages. Pain may also be controlled by taking Tylenol or Ibuprofen (Advil, Motrin). Do NOT take Ibuprofen if you are taking other N.S.A.I.D.s. or do not take Ibuprofen if you have had G.I. bleeding or if your M.D. has advised you not to take them. Do Not take additional Tylenol or products containing Tylenol, (Acetaminophen), when prescribed Norco

**3. SWELLING** – Apply an ice bag on the face in area of the surgery for periods of 20 minutes per hour for the first 24 post-surgical hours and if swelling persist. After 72 hours warm applications can be used at the same intervals. Swelling is not uncommon after surgery. It is usually maximal in about 24-48 hours and may last several days thereafter. Discoloration of the skin of the face and neck may occur within 10 days following surgery and should be no cause for alarm.

**4. MOUTH RINSE-** Do **NOT** rinse the mouth within 24 hours after surgery. After this time, use ½ teaspoon of table salt in 8 oz. Glass of warm water and rinse gently after meals for about 10 days. These rinses are in addition if using Peridex. Patients who have had impacted teeth removed should rinse after eating for at least one month.

**5. DIET** – Soft and bland foods are advisable for the first 24 hours. The diet may be advanced if comfortable on the next day. Also on the day of surgery, fried and/or greasy foods, creamed soups or dairy products should be avoided. Good nutrition post surgery is essential. Do NOT use a straw for drinking. Smoking within the first four days after surgery can retard healing.

**6. HYGIENE** – Continued proper oral hygiene is imperative. Normal care should be maintained, but the surgical area should be excluded from care involved when brushing, flossing, dental irrigation appliances, etc. for 1 week.

**7. FEVER** – A low grade fever may occur following surgery and should be no cause for alarm.

**8. Local Anesthesia-** “Novocain-like” injections will produce a numb feeling in the area that was operated on, i.e.; lips, cheek, and tongue. This numbness may last for several hours. For safety precautions it is recommended that:

A.) Avoid **HOT** beverages and liquids that may cause burns.

B.) Avoid “testing” numbness, **DO NOT** bite lips or tongue as doing so may cause injury that may require further surgical treatment. Especially remind/advise small children of this.

**9. ESCORT** – Your Escort must be able to stay and remain with you as you recover at home to ensure your safety when walking, performing hygiene, or taking prescribed medications etc...

**\*PLEASE NOTE THAT YOUR STITCHES MAY COME LOOSE OR FALL OUT – THIS IS NORMAL\***

**You will need an appointment for: Day\_\_\_\_\_ , Date\_\_\_\_\_ , Time\_\_\_\_\_**

\* **The usual dose of (Peridex), chlorhexidine gluconate oral rinse** is 15 mL(cc) of solution, twice a day. Use after brushing your teeth. The solution should be swished through the mouth for 30 seconds then spit out. Do not swallow. You should use a syringe or medication measuring cup to measure the right amount of the rinse. You should **not** rinse your mouth, eat, or brush your teeth for 30 minutes after rinsing with chlorhexidine gluconate oral rinse.

### **ANTRUM (SINUS) INSTRUCTIONS**

Because of the close relationship to the sinus, many times when a tooth is extracted, it will leave a communication between the mouth and the sinus. Therefore, it is important to follow these instructions.

1. Take prescriptions as directed.
2. Blow our nose GENTLY, with both nostrils open.
3. Try not to suppress a sneeze or cause excessive nasal cavity pressure.
4. Do not use a straw or smoke.
5. Eat soft foods for several days – chewing on the opposite side as much as possible.
6. Do not rinse the mouth vigorously for several days.

It is common to have a slight amount of bleeding from the nose for several days.

If you have any questions, please call our office.

### **Bone Graft / Implant Surgery Post-Operative Instructions**

**DIET-** A liquid diet is absolutely necessary as no chewing is allowed for several weeks after surgery. Avoid dairy products for 4 days.

\*\* If you had a procedure with PRP, PRF do NOT take Ibuprofen (Motrin, Advil, Mobic), or Aspirin for 3-4 days following procedure.

Continue to take the antibiotics, around the clock until finished, at your next appointment Dr. Roll will advise you when to discontinue.

**How to Clean your implant:** use Hydrogen Peroxide mixed in equal part of water, (a 50-50% solution). Dip a cotton applicator, (Q-Tip), in this mixed solution and cleanse the top of implant by moving the applicator in a **clockwise rotation** after eating.

### **Apicoectomy Post-Operative Instructions**

- **No Rinsing, Smoking, or Spitting for 24 hours after surgery!**
- Apply ice to outside of face for the first 24 hours after surgery, 30 minutes on, 30 minutes off. Some swelling and/or discoloration may occur during the first week following surgery.

Take pain medication before the anesthetic wears off. Repeat the medication as directed if needed. Mild analgesics (Tylenol) are often effective the following day and thereafter and should be tried instead of using the stronger medication.

- A clear liquid diet is recommended for the first 24 hours after surgery, avoid dairy products and hot spicy foods for at least two days.
- Starting 24 hours after surgery, gentle salt rinses (1/2 tsp. Salt in 8 oz. Warm water) may be started 3 to 4 times a day, especially after meals. And Peridex 2x per day if prescribed.