



BLEEDING: Bleeding from the wound is expected, and it may persist on and off for several days. For the first 1 hour after surgery place a folded square of gauze directly over the surgical site and bite firmly, or press with a finger firmly for 20-30 minutes, then remove and examine the site for active bleeding. If persistent, then re-apply gauze for another 20-30 minutes. If still bleeding after 1-2 hours, it is likely that the direct pressure is not being applied to the wound. Remember, gauze does not stop bleeding, pressure does! Make sure pressure is being applied directly to the surgical site (don't bite on the gauze with the neighboring teeth-otherwise those teeth are getting the "pressure", not the surgical site!) If after several sessions of placing gauze the bleeding has not stopped, take a black tea bag (Lipton or Red Rose) and place it directly over the site and again apply pressure for 30 minutes. Expect your saliva to be a little red for a day or so, this does not mean the area is still bleeding. To evaluate if the area is still bleeding, look in the mirror for 30 seconds-if several drops of blood are not coming from the surgical site, it is not bleeding enough to apply gauze, so just leave alone. Stitches are often placed, and most of the time are dissolvable and dissolve within 3-10 days. Silk stitches require removal which is usually done at the follow-up appointment. Stitches that dissolve or fall out early usually do not need to be replaced.

PAIN AND SWELLING: Discomfort and swelling can be expected after all surgical procedures, and usually peaks at 48 hours after the procedure, and may last for several more days. Take your regular non-prescription pain reliever while you are still numb (2-3 tablets of Advil, if not allergic, is the recommended dose for teens and adults). For oral surgery, surgical tooth extractions, implants, etc. take your prescription pain medication before the numbness starts to wear off, and then afterwards, as needed and as directed by the prescription. Eat before taking any prescription (narcotic) pain medication, as this helps to minimize the side effects of nausea. Apply ice to the outside of the face near the surgical site for 10 minutes on/10 minutes off, immediately upon your return home, and for the next 24-36 hours while awake. Crushed ice in a damp towel works well, as do bags of frozen peas. Do not apply any more ice to the surgical area after 36 hours; . After 48 hours, if you are experiencing an increase in swelling or have a temperature of more than 99.5 contact the office. Any increase in swelling after the 3rd day may indicate possible infection. **NARCOTIC PAIN MEDICATIONS CAN NOT BE REFILLED AFTER HOURS OR ON WEEKENDS. YOU MUST CALL THE OFFICE DURING REGULAR BUSINESS HOURS TO ARRANGE A REFILL.**

EATING: Remember to remove the gauze before eating and drinking. Soft or liquid foods are advisable for the first 2-3 days (soups, yogurts, mashed potatoes, soft noodles, smoothies, etc...). Avoid chewing harder foods on the side of surgery for one week. Hot foods or drinks on the first day may cause bleeding and should be avoided until the next day, warm foods are ok once the bleeding has stop and you are no longer numb. Removal of lower wisdom teeth or lower jaw surgery temporarily weakens the jawbone for 3-6 months, and hard foods like raw carrots, hard candies, corn nuts, etc... may cause jaw fracture and should be avoided during this time frame.

ORAL HYGIENE: Avoid brushing and flossing the teeth right next to the surgical site for 24 hours; as this may damage the blood clot. Brush the remaining teeth as normal. Rinse your mouth with warm salt water (one teaspoon of salt in a glass of warm water) 4 times a day and after every meal for the first 4-5 days. Sometimes with impacted teeth, jaw opening is restricted for a week or so and using a children's toothbrush helps access back teeth. Brush and floss the teeth next to the surgery site very gently for the first 2-7 days (some minor bleeding may occur-this is normal), and after one week resume normal brushing and flossing. It is okay to wear orthodontic retainers at any time after surgery unless your doctor tells you otherwise.

HALITOSIS: Bad breath is common for the first week following oral surgery and is caused by bacteria or plaque. Brushing the teeth and rinsing with salt water as outlined above will help to minimize this.

NAUSEA/VOMITING: Nausea is a common side effect for the first 24 hours after intravenous anesthesia and can occur at any time after taking narcotic pain medications. Some people are much more sensitive to this than others. If you have had intravenous anesthesia and are experiencing nausea, avoid taking prescription pain medications until you feel better or else this will exacerbate the nausea. Take over-the-counter medications (i.e. 1 600mg-or 3 200mg tablets of Ibuprofen if you are over 12 years of age and not allergic and non-asthmatic) instead. Always take narcotic pain medications after eating, as this helps to minimize nausea. Small

sips of carbonated water every 15 minutes, saltine crackers, or plain white bread has been known to help with nausea. It is important to try to slowly drink liquids when feeling nauseated as one may get dehydrated, requiring hospitalization (especially in small or thin people). A small number of patients simply cannot take any narcotics because of the side effects of nausea and must take non-narcotics.

ITCHING, RASHES, HIVES: These are all signs of an allergic reaction and may be caused by any medication. If any of these symptoms occur, stop taking the prescribed medications and call the office. If wheezing or difficulty breathing and nausea accompany these signs, you could be experiencing a life-threatening allergic reaction and should immediately go to the Emergency Room or call 911.

UPPER TOOTH EXTRACTIONS: Upper teeth behind the canine (or “eye teeth” lie near your sinus. Occasionally extractions of these teeth may expose the sinus cavity, resulting in liquid coming from the nose when drinking or the sensation of air coming out of the socket. If this occurs, avoid blowing your nose or sucking through a straw and call the office for a follow-up appointment.

DRY SOCKET: Is when the blood clot, which normally protects a tooth socket after extraction, dissolves-leaving an empty socket. This is the primary cause of increasing pain (without an increase in swelling) 3-7 days following an extraction. Smoking and birth control medications increase the risk of developing a dry socket. If the pain medications do not relieve the pain, purchase some Clove Oil (usually available at the health food stores and some drug stores) and mix 5 drops of clove oil with one teaspoon of any vegetable oil. Place several drops of this mixture directly in the socket every 4 hours. If you do not experience relief within 30-40 minutes call the office to schedule a follow-up appointment.

PRESCRIPTIONS: If you were given pain medications, only take them if your regular pain reliever (i.e. Motrin/Advil or Tylenol) is not effective. If you are getting low on your pain pill supply, please call the office during business hours (8am-4pm , M-Th, 8am-12pm Friday) before you run out. **NARCOTIC PAIN MEDICATIONS CANNOT BE REFILLED AFTER HOURS OR ON WEEKENDS.** If you were prescribed antibiotics, take them as prescribed. If you are also taking birth control pills and antibiotics, you must use alternative methods of birth control for the duration of your menstrual cycle as the antibiotics will interfere with the efficacy of birth control pills and pregnancy has been reported to occur.

NEW DENTURES: If you had tooth extractions and new dentures, unless instructed otherwise, leave your dentures in overnight. Bite gently together for the first couple of hours after surgery, placing a piece of gauze on each side in between the teeth-this pressure will help control bleeding. For complete dentures, your dentures will most likely be too loose or too tight until your general dentist adjusts them. After the first 24 hours, leave the dentures out overnight to let the gums “breathe” and brush your denture with toothbrush and toothpaste.

IMPLANTS: Avoid placing dentures over the implants for the first two weeks if at all possible. Studies have shown that the more the implants area is left alone during this time, the better the odds are of success. If you must wear dentures socially, be careful not to put too much pressure on the gums for the first two weeks. If you have the type of implant that sits under your gums, wait 24 hours before brushing the implant itself, and then after 24 hours only brush it very gently. If you experience any persistent numbness the morning after your implant surgery, call the office.

MISCELLANEOUS: The following conditions may occur following any oral surgery, including tooth extractions, all of which are common and usually resolve within 2 weeks:

- Tightening of jaw muscles, causing difficulty in mouth opening.
- Headaches or earaches.
- Aching of adjacent teeth, or the bite feeling slightly “off”.
- Cracked corners of the mouth (Keep moist with Vaseline).
- Bruising of the face and neck.
- Numbness of lip, chin and or/tongue (call the office if this is still present the morning after surgery).
- Soreness around the intravenous site in the arm (call the office if this worsens after 24 hours).

If you have any questions about your surgery, please call the office anytime at 425-353-1009.

Office hours are Monday-Thursday 8am-4pm, and Fridays 8am-12pm. The doctor on call is available to speak to you after hours and on weekends by calling 425-353-1009. If you have a medical emergency that requires immediate assistance, go to the Emergency Room or call 911.