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EXTRACTION AFTER CARE INSTRUCTIONS

- 1. Some degree of discomfort and pain arises as numbness subsides.** It is best to start taking the prescribed pain medication as the numbness begins to wear off. Please make sure you read the directions carefully before taking the medication. Any pain medication can cause nausea and vomiting. It is very important that you have some food in your stomach before you take them.
- 2. DO NOT DISTURB THE AREA OF SURGERY.** The first stages of healing are aided by placing tissues at rest. Avoid vigorous chewing, spitting, or rinsing as initial healing may be delayed, active bleeding restarted, or infection introduced. **DO NOT** drink through a straw or spit forcefully, it will cause bleeding to start. **DO NOT** spit or rinse for at least 24 hours after your procedure. After 24 hours, you may begin salt water rinses to be continued for several days. For the salt water mixture combine 1 teaspoon of salt and 8 oz. of warm water. The evening after surgery, you may gently brush the surgical area.
- 3. Expect minor bleeding or oozing from the operative site.** This bleeding may continue throughout the first day. For the first hour, keep firm pressure on the area of surgery by biting on the gauze sponge placed in your mouth at the clinic. After the first hour change the gauze and continue to apply pressure by biting on a fresh sponge for an additional 45 minutes to an hour at a time, changing it every 45-60 minutes until the bleeding has stopped. Biting on a moist tea bag wrapped in gauze may help control persistent oozing from the surgical site. Tea has an ingredient that promotes blood clotting. If active bleeding should recur at any time, carefully rinse your mouth with cold water and apply a fresh gauze sponge to the bleeding site. Firm pressure for 30-45 minutes usually controls the problem. Should active bleeding persist, please call our office at (504) 341-3535 or (504) 914-9966.
- 4. LIMIT PHYSICAL ACTIVITY** during the first 24-48 hours after surgery. Overexertion may lead to postoperative bleeding and discomfort. When you lie down, keep your head elevated on a pillow.

- 5. PAIN FOLLOWING ORAL SURGERY** will be most severe within the first 6-8 hours after the procedure. If you have to take the prescribed severe pain medication, remember to have some food intake prior to that and to start slowly. Please do not drink alcoholic beverages while taking prescription medication. Do not wait for the pain to become unbearable before using some form of pain medication, as then it will be more difficult to control. Moderate to severe pain usually does not last longer than 24-48 hours, and there should be no more than slight pain or discomfort after the third day. Persistent or increasing pain 3-4 days following oral surgery may be caused by early loss of the blood clot (dry socket) or infection. If you feel that this may be happening to you, please call our office at (504) 341-3535 or (504) 914-9966, so that we can help make you more comfortable.
- 6. SWELLING RELATED TO THE SURGICAL PROCEDURE** usually develops during the first 24-48 hours following surgery, often increasing on the second day. It should begin to subside by the third day. Swelling can be minimized a great deal by placing an ice pack on the side of your face for 30-45 minutes every hour while you are awake during the first 24 hours following the surgery, unless you receive other special instructions. Anti-inflammatory medications, such as Ibuprofen, Motrin, or Advil also help decrease swelling.
- 7. FLUID INTAKE IS IMPORTANT.** We suggest you start with clear carbonated beverages, such as ginger ale, seven-up, or sprite. Once your stomach has settled, you can advance to other fluids such as water, tea, soda, broth, soups, or juices. We suggest avoiding dairy products initially, such as milk, milk shakes, and egg-nogs. Also avoid hot liquids until the numbness has worn off and the bleeding has stopped. It is important to drink plenty of fluids.
- 8. AVOID USING A STRAW FOR SEVERAL DAYS** as it may cause the blood clot to dislodge and delay healing.
- 9. FOOD SELECTION** is largely a matter of your choice. Soft, cook foods that require little or no chewing are most easily tolerated at this time. A nutritious diet throughout your healing process is most important to your comfort and temperament. Hungry people become irritable and less able to deal with discomfort which can follow surgery. Since you will be taking medication, it is important to remember that eating can prevent nausea sometimes associated with certain medications. Once your stomach is settled, soups, broiled fish, stewed chicken, mashed potatoes, macaroni and cheese, and cooked vegetables can be added to your diet as your comfort indicates. Ensure, Carnation instant breakfast and/or yogurt supply excellent added nutrition.

10. Take any special medication such as ANTIBIOTICS we have prescribed on the specified dosing schedule. Yogurt with active cultures or acidophilus should be taken while on antibiotics to prevent diarrhea. It is important to take the antibiotics to completion. If you are given antibiotics and take birth control pills, you should be aware that the birth control pill may become ineffective, therefore take appropriate precautions.

11. Take any regularly scheduled medication (for diabetes, high blood pressure, etc.) on your regular schedule unless advised to do otherwise.

12. TRY TO AVOID SMOKING COMPLETELY for at least 4-5 days, as it tends to slow the healing process and may also contribute to the development of a dry socket.

13. DO NOT DRIVE AN AUTOMOTIVE for 24 hours following surgery if you are taking prescription pain medication.

14. IF YOU WERE INFORMED THAT A SINUS COMMUNICATION OCCURRED DURING SURGERY, as a result of the close relationship between the roots of your upper teeth and your sinuses, or if you have had some surgery that involved work near your sinuses or in your sinuses, please follow these instructions:

- **DO NOT** Blow your nose.
- **DO NOT** Sneeze through your nose. If the urge to sneeze arises, sneeze with your mouth open.
- **DO NOT** Smoke or use a straw.

NOTE: If you have an emergency, please call Dr. Kay Jordan at (504) 341-3535 or (504) 914-9966.