

JayHawk Dental LLC
826 Iowa Street
Lawrence, KS 66044
(785) 843-9122 Office
(785) 843-2202 Fax

Post Operative Instructions For Dental Extractions

BITE DOWN ON THE GAUZE PACKS. Bite with moderate to firm pressure on the gauze. Try to talk as little as possible. After 30-45 minutes you may remove the gauze, a blood clot should be formed in the tooth socket. Slight oozing of blood from the tooth socket is normal for the first 24 hours and does not constitute a Dental emergency. If the socket continues to profusely bleed dark red blood after removal of the gauze for more than 10 minutes see #9. REMEMBER: a little blood and a lot of saliva can look like a lot of blood.

DISCOMFORT. It is normal to experience discomfort after oral surgery, especially after wisdom tooth removal. Take the medications that were prescribed to you, follow the directions on the label. Do not dissolve them in your mouth or place them in/on the surgical site. Keep your head elevated to help decrease swelling and discomfort.

SWELLING. Swelling and discomfort will peak 48-72 hours after surgery, gradually becoming better with time. Most of the swelling should be gone one week post-operatively. For the first 8 hours after surgery ice packs may be placed on your jaw, in front of your ear: 20 minutes on, 10 minutes off. You should not use any ice after the first 24 hours. Warm moist packs can be applied after the first 24 hours if desired.

DIET. A soft diet should be maintained for at least 2-3 days after surgery. For the remainder of the healing period common sense should be used. If it hurts to eat it, don't eat it. You should make a conscious effort to drink plenty of fluids in order to prevent dehydration. Some nausea may occur due to swallowing of blood, Pepto-Bismol may help alleviate nausea symptoms.

ACTIVITY. Limited activity is important for the first 24 hours. Avoid any strenuous exercise, heavy lifting, etc. for the first week after surgery. You can return to your normal activity level after one week, as you feel comfortable.

DO NOT: Smoke, suck on straws, drink carbonated beverages, rinse vigorously or spit for 72 hours. Avoid alcohol and hot drinks. All of these activities significantly increase your risk of dry socket.

RINSE. After the first 24 hours begin rinsing with either the prescription mouthwash or warm salt water (1/2 tsp table salt in 1 cup water) after meals and every 4 hours while awake. Beginning the day after surgery brush your teeth as usual except for the areas next to the surgical site. It is important to keep your mouth clean to promote healing.

MEDICATIONS. You have been prescribed a narcotic painkiller. These medications can affect your judgment and reaction time for up to 24 hours.

For 6 hours after taking the narcotic painkiller you should NOT:

- Drive a car, operate machinery or power tools
- Drink any alcoholic beverages
- Make any important decisions or sign important paperwork

EMERGENCY. *If you experience any unusual difficulties such as excessive bleeding, rise in temperature or constant and unrelieved pain after the 3rd day return to the dental office during normal business hours if possible (please telephone first, (785) 843-9122). Or after hours and weekends please call (785) 542-2070.*