

# DENTAL EXTRACTIONS

## POST-OP INFORMATION

### **WHAT DO I DO IF THERE IS BLEEDING?**

*Oozing or bleeding after oral surgery is normal and is to be expected. We will place gauze packs over the surgical areas for you to bite firmly on, which will help stop and shorten bleeding times. The gauze packs should be replaced with a new piece every 20-30 minutes only if the gauze is saturated and is the color of dark red wine or there are clots present. If the gauze is light red or pink after 30 minutes of use, it is time to discontinue the gauze. Any use of gauze should be discontinued within 2 hours following surgery unless you have been instructed otherwise. When biting on the gauze don't talk or check it frequently, otherwise the gauze rubs on the surgical sites which will prolong bleeding times. After the gauze has been discontinued, it's normal to have periodically bloody saliva throughout the next few days. Don't replace the gauze at this point.*

### **WILL I BE NAUSEATED?**

*Nausea is common after surgery, especially if sedation was given. If sedated, do not try to eat or drink anything until you start to feel hungry. This is usually only a few hours. Try to avoid taking any pain medicines until you have been able to eat and drink something. Prescription pain medication can also cause nausea and vomiting. Try to precede taking each pain pill with either food or a large volume of water. Despite taking the above precautions, some patients continue to have nausea for longer than 24 hours. If this is your case, please call the office.*

### **WHAT CAN I EAT?**

*Most patients find it more comfortable to eat a soft diet for the first several days after surgery. It is important not to disturb the blood clots in the surgical areas for one week. Also avoid hot foods and foods that can easily become lodged into surgical areas (nuts, seeds, popcorn, etc.). You may increase your diet over the next several days as your comfort level increases.*



## **WILL THERE BE SWELLING?**

Swelling can be minimized by keeping your head elevated, (by using two pillows when lying down) and placing ice packs over the surgical areas at 20 minute intervals (20 minutes on / 20 minutes off) during the first 48 hours. Ibuprofen has been prescribed to the patient for the main purpose of decreasing swelling although it may also help with pain. This medication should be taken 3 times a day approximately every 8 hours. Swelling can be life threatening. Please pay attention to the following signs:

- You feel that your tongue is being pushed to the roof of your mouth or to the other side of your mouth.
- You feel a lump in your throat when you swallow or you have difficulty swallowing.
- Your voice changes.

If any of the above symptoms occur call Dr. Chisdak's office immediately at 406-587-0767. If you do not get a response from Dr. Chisdak's office within 30 minutes, go directly to the emergency room.

## **WHAT KIND OF DISCOMFORT WILL I HAVE?**

Your jaw and lips may remain numb for several hours. You should begin the Ibuprofen for discomfort while you are still numb. If you should begin to experience more than mild discomfort, you may supplement the Ibuprofen with the prescribed pain medication. If this is not sufficient, please contact our office.

## **HOW DO I TAKE CARE OF MY SURGICAL AREAS?**

Keeping the areas clean will decrease the chance of infection. You may begin to carefully brush the teeth adjacent to the surgical sites as soon as you can tolerate it (within the week). Small slivers of bone occasionally work out of the extraction sites over the next several weeks. If they cause concern or discomfort, please call the office. The healing socket often appears white; this is the normal appearance of healing tissue in the mouth and should not cause concern.

Some patients will be given a prescription for a mouth rinse (Chlorahexadine). Rinse with this solution 3 times a day. If you have a denture, remember to take the denture out prior to rinsing.