Post-Operative Instructions:

**HYDRATION, HYDRATON, HYDRATION:**

* Drink at least half your body weight in ounces daily! (Example: You weight 100lbs = drink at least 50oz in water)
* You should be drinking \_\_\_\_\_\_ every day!

**ACTIVITY:**

* Rest and avoid strenuous activity for the next 4 days; this includes bending or lifting.

**ICE:**

* Use ice packs on the surgical area (side of face) for the first 48 hours; apply ice 20 minutes on and 10 minutes off. (Note: Bags of frozen peas work well.)

**MEDICATION:**

* Take 600-800mg of ibuprofen every 6 hours. Alternate with 500mg of Tylenol every 6 hours. Do not exceed 2500mg of Tylenol in a 24-hour period. Take all medications with a small amount of food. You may be given a narcotic pain medication that can be used with ibuprofen for severe pain. If you need to take both ibuprofen and a narcotic pain medication, it is best to take them 2-3 hours apart. Do not take an additional dose of Tylenol if narcotic is used. This will provide ongoing pain relief while minimizing risks.
* Once you feel like you can stop the narcotic, use Ibuprofen and Tylenol together as needed
* **Do not drive or operate machinery while taking narcotic pain medication.**

**BLEEDING:**

* Gauze packs are in place over the extraction sites to help stop the bleeding.
* You can take the current gauze out in 30 minutes. If the sites are still bleeding use new gauze and continue holding pressure for 30 minutes. Be sure to place the gauze over the extraction site. Check the bleeding every hour. Do not use the gauze to judge the bleeding, look at the surgical site.
* Some oozing is normal for the first 24-48 hours. You should expect to see some bloody saliva over the next several days.

**ORAL HYGIENE:**

* Keep your fingers and tongue away from the socket or surgical area.
* Oral hygiene is extremely important to prevent infection and dry sockets.
* **Starting tomorrow**, rinse with warm salt water every 2 hours for the next 5 days.
* On day 5 \_\_\_\_\_\_\_, please use the syringe provided to draw up salt water. Take that syringe and irrigate out the lower two holes to eliminate all the food buildup.
* Starting tomorrow, gently brush teeth being careful in the surgical area, unless the Dr. has instructed otherwise. You should not use an electric toothbrush for the duration of the healing process. Instead, use a soft bristled toothbrush.
* Do not use mouth wash that contains alcohol in it for the next several days as this can irritate the surgical site and make the healing process more uncomfortable.

**STITCHES:**

• If there are stitches in place. They will eventually dissolve on their own within 3 to 10 days.

**SWELLING:**

• You can expect swelling for the next week. Typically, swelling will start on the second day. The swelling will be the worst on days 3 and 4 and should start to gradually get better.

**PAIN:**

• It is normal for pain to get worse over the next couple of days. Most discomfort is seen on day 3 and 4.

**DIET:**

• Avoid anything carbonated for the next 10 days. No straws or sucking motions for the next 2 weeks.

• Avoid hot foods or liquids for the first 24 hours. This may aggravate bleeding. Once you get home and the bleeding has stopped, you should eat soft foods (pudding, mashed potatoes, boiled chicken, steamed vegetables).

• Do not smoke.

• Do not consume alcoholic beverages for 7 days following surgery **or** while taking pain medication.

**Retainers/Flippers/Spacers/Mouthguard:**

* Please do not use any of the above listed devices immediately after surgery. Use of these devices can resume 1-3 days after the procedure or as comfort allows.

**IF YOU HAD IV SEDATION, DO NOT DRIVE FOR 24 HOURS, OPERATE HEAVY EQUIPMENT, USE POWER TOOLS, OR SIGN LEGAL**

**DOCUMENTS.**

**IMPLANT PLACEMENT:**

* Swelling/Bruising is normal. Peak swelling is 3 days from surgery date.
* Sutures will dissolve on their own in 5-7 days
* Please take medications as prescribed.
* Starting the day after your procedure, rinse with warm salt water 3 to 4 times a day for the next 3 days. After 3 days of rinsing, begin using the Peridex rinse you were prescribed twice a day.
* You will have a follow up appointment 2 weeks after your implant is placed, and then again after 6 weeks has passed.

For after hour concerns please feel free to reach out to us at: Phone: 1-920-401-1031

*GENERAL INFORMATION FOR REMOVAL OF TEETH*

1. The area operated on will swell.

2. Trismus (tightness) of the muscles may cause difficulty in opening the mouth.

3. You may have a slight earache.

4. A sore throat may develop.

5. Numbness of the mouth or tongue on the side from which the tooth was removed may develop. This is called “paresthesia” and is a temporary condition that will correct itself. It may remain from a few days to several months.

6. Your other teeth will possibly ache temporarily. This we refer to as sympathetic pain and is a temporary condition.

7. If corners of the mouth are stretched, they may dry out and crack. Your lips should be kept moist with cream or ointment.

8. There will be an opening where the tooth was removed. This area should be rinsed following meals using warm saltwater soaks. The socket will gradually fill in with new tissue.

9. There may be a slight elevation of temperature for 24 to 72 hours.

10. Skin discoloration: The skin of the face or neck may turn black and blue. This will gradually disappear and is no cause for alarm.

11. Arm injection: If you were given an injection in the arm, the skin may turn black and blue and remain sore for three to four days.

For after hour concerns please feel free to reach out to us at: Phone: 1-920-401-1031

List of soft food ideas to consume following dental procedures:

Soup

Scrambled Eggs

Mashed Potatoes

Yogurt

Applesauce

Smoothies

Hummus

Instant Oatmeal

Jell-O® and Pudding

Salmon

Ice-cream

Popsicles

Protein shakes