

## Home Care Instructions After Extraction and Oral Surgery

Do not disturb the wound. If surgical packing was placed, leave it alone. The pack helps to keep the tooth exposed. If it gets dislodged or falls out, do not get alarmed.

### **Bleeding**

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding which results in your mouth filling rapidly with blood can frequently be controlled by biting with pressure on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues, a moist tea bag can be used for 30 minutes. It is important to elevate your head and avoid hot liquids and exercise. If bleeding continues, please call for further instructions.

Sutures may be placed in the area of surgery to minimize postoperative bleeding and to help with healing. Sometimes they become dislodged. This is no cause for alarm. Just remove the suture from your mouth and disregard it. The sutures will be removed approximately one week after surgery. The removal of sutures requires no anesthesia or needles. It takes only a minute or so, and there is no discomfort associated with this procedure. So it's really nothing to worry about.

### **Swelling**

Swelling is a normal occurrence after surgery. To minimize swelling, apply ice for the first 36 hours. Apply an ice pack to the side of the face, 20 minutes on and 20 minutes off while awake. After 36 hours, the application of a moist warm towel should be applied continuously for as long as tolerable.

In some cases, discoloration of the skin follows swelling. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal postoperative occurrence, which may occur two to three days postoperatively. Moist heat applied to the area may speed up the removal of discoloration.

### **Diet**

Drink plenty of fluids, but avoid the use of straws. The sucking motion can cause more bleeding by dislodging the blood clot and lead to a dry socket. Avoid hot liquids or hard foods. Soft foods and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

### **Comfort**

You should begin taking pain medication as soon as you feel the local anesthetic wears off. For moderate pain, one or two Tylenol or Extra Strength Tylenol may be taken. Tylenol may be taken every three to four hours. Ibuprofen (Advil, Motrin) may be taken instead of Tylenol. Ibuprofen bought over the counter comes in 200 mg tablets: Two to three tablets may be taken every three to four hours as needed for pain. For severe pain, the prescribed medication should be taken as directed. If an antibiotic has been prescribed, finish your prescription regardless of your symptoms. Discontinue antibiotic use in the event of a rash or other unfavorable reaction or if instructed by the doctor.

### **Oral Hygiene**

Mouth cleanliness is essential to good healing. Clean your mouth thoroughly after each meal beginning the day after surgery. Do not rinse your mouth for the first postoperative day, or while there is bleeding. Brush your teeth as best as you can. Rinse with warm salt water (one teaspoon of salt in a cup of warm water) six times a day. Continue this procedure until healing is completed.

### **Dry Socket**

A dry socket occurs when the blood clot gets dislodged prematurely from the tooth socket. This may be caused by smoking, drinking through a straw, spitting, and/or other activities that causes a back pressure in the mouth. Symptoms of pain at the surgical site and even pain to the ear may occur two to three days following surgery. Call the office if this occurs.

**REMEMBER:** A clean wound heals better and faster.

### **Activity**

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Be aware that your normal nourishment intake is reduced. Exercise may weaken you. If you get light headed, stop exercising.

If you have any questions or concerns, please call your main office. After office hours, you can call us at (504) 265-1304 or email us at [info@geauxsmiles.com](mailto:info@geauxsmiles.com).