



Irwin
DENTAL
Dr. Robert Sims DMD

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POST-OPERATIVE INSTRUCTIONS: FOLLOWING DENTAL SURGERY

To ensure rapid healing and to avoid complications that could be both harmful and painful to you, please follow these instructions carefully.

For the next 72 hours:

Do NOT SMOKE. Nicotine and lowered Oxygen levels delay healing and often result in Dry Socket, which is very painful.

Do NOT PUT ANYTHING IN THE SOCKET. You will notice a white mass that looks like bread, this is the blood clot that you want to stay in place for the first 5-8 days.

Do NOT SUCK ON A STRAW, SPIT, or Rinse Vigorously.

Do NOT SLEEP OR EAT WITH GAUZE IN MOUTH. - This is a choking hazard. It is a good idea to sleep with you head elevated.

Do NOT drink alcohol for 24 hours. Alcohol will thin your blood preventing clotting.

DO Take ANTI-INFLAMMATORY pain medication. Do not wait for it to start hurting.

Ibuprofen is the drug of choice for tooth pain. If you have been told not to take anti-inflammatories or analgesics, please ask the dentist or pharmacist what is safe for you. Taking anti-inflammatories decreasingly over the first 3 days will reduce swelling and pain.

Staggering Advil and Tylenol every 2 hours will prolong the effects of both, do not take more than the maximum dose.

What to expect after surgery:

Bleeding: Maintain gauze pressure directly over the extraction site for one to eight hours. Be sure to keep the jaws together with moderate pressure. It is not unusual to have a slight oozing for up to 24 hours. (You may want to cover your pillow with a towel). Avoid strenuous physical activity since this promotes bleeding. Rest today and keep your head slightly elevated.

Swelling : this is your body's natural reaction to the trauma. Using a cold pack (ice), 20 minutes on and 20 minutes off for the first 6-8 hours will minimize the swelling.

Pain: Some discomfort or pain is normal following any operation. Take your pain medication as prescribed, or use 2 tablets of your usual headache medication every 4-6 hours as required. If a dull pain develops within approximately four days after the removal of a tooth, a protective medicated dressing may be required while the area heals; Please call the office for an appointment.

Eating: It is important to get adequate nutrition after surgery to help with healing process. A soft diet is recommended.

Soft Foods: Mashed potatoes, soups, pastas, shakes, smoothies, scrambles eggs etc.

Avoid: Kiwi, berries and other small seeds that would get stuck in the socket, avoid really hot and spicy foods as well, as these may thin and dislodge the blood clot.

Oral Hygiene: Avoid swishing and spitting, You can brush your teeth but avoid the empty socket. 24 hours after the bleeding stops, you should use a warm salt water rinse. (1/2 teaspoon salt in a glass of warm water). Continue using salt water rinses 5 x/day for at least 5 days.

Sutures: Unless otherwise specified we use dissolving sutures which will fall out in 3-7 days.

Unforeseen Complications: Sometimes patient develop such things as allergies to medication (generalized rash, itching, etc.), infection (foul taste, smell, unusual or prolonged swelling/bleeding). If you suspect any problems with the normal course of healing, please do not hesitate to call.

If you have an Emergency, and we do not answer our phones (above), please call the
ON CALL DENTIST (Available after 5PM, and weekends): **(604)798-5828**