



## Post-Operative Instructions for Extractions and Oral Surgery

**Day 1:** Continue biting on the gauze for 30-60 minutes following procedure. **DO NOT** spit, rinse, suck through a straw, smoke, drink carbonated/alcoholic beverages, and hot foods/liquids for at least 24 hours. Passively empty your mouth when needed over a sink. You will want to avoid anything that creates negative pressure (sucking) in your mouth. The goal is to keep blood clot in the socket to prevent bleeding and a painful complication known as a dry socket.

**Day 2:** The following symptoms are common for the next 2-3 days: Minor pain, swelling, bruising, limited opening or closing of your mouth, pain in jaw or ear, or sore throat. It is important to listen to your body and take it easy.

**Diet:** Drink plenty of fluids. Avoid carbonated and alcoholic beverages. A soft cold diet will be easiest: yogurt, milkshakes (no straw, use spoon) smoothies, soups, pasta (foods that don't involve too much chewing). Nothing too spicy is also recommended. Try to chew on opposite side to avoid food packing into extraction site.

**Oral hygiene:** Brush gently starting on day 2. A gentle lukewarm salt water rinse can be used to freshen your mouth. But again, do not spit; just let the fluid passively empty. The corners of your mouth may become cracked and dry-moisturize frequently.

**Discomfort:** Over-the-counter-pain medication (ibuprofen, Aleve, Tylenol) may be taken as directed on the bottle to relieve discomfort. If prescribed a narcotic take exactly as instructed by Doctor. Avoid alcoholic consumption, driving a car or operating any sort of potentially dangerous machinery while under the influence of these drugs. Studies show taking 600mg of Ibuprofen with 500mg of Acetaminophen every 6 hours is more effective than narcotics for pain relief.

**Swelling:** Swelling is to be expected. Apply cold compresses to affected area at 15 minute intervals for the first 24 hours to minimize swelling. Any swelling that occurs usually begins to diminish within 72 hours; call the office if there is no change.

**Bleeding:** Some oozing of blood is normal for the first 12-24 hours. Put a hand towel on your pillow as some drooling can occur when you are numb. If you experience excessive bleeding, apply firm pressure with 1-2 folded gauze pads or damp tea bag on the affected area for 30-60 minutes and keep head elevated. Call the office if the bleeding does not subside.

**Stitches:** If you have received sutures, avoid playing with them. Sutures should dissolve on their own within 7-10 days.

**Dry Socket:** When the tooth is removed, a blood clot forms. Should the clot become dislodged by excessive or vigorous rinsing, improper diet, smoking, drinking through a straw spitting or disturbing the area, a dry socket can occur. It typically presents with increased pain 3-5 days after procedure. If this occurs, please call the office right away.



## **SUGGESTED FOODS AND BEVERAGES AFTER DENTAL SURGERY**

### **FIRST 24 HOURS:**

NO STRAWS

NO HOT FOODS OR HOT BEVERAGES

NO RINSING/ SPITTING

NO CARBONATED DRINKS FOR 2 WEEKS- NO STRAWS FOR 48 HOURS

NO ACIDIC OR FRUIT JUICES/ SODA

You may have the following:

non sparkling water, iced tea (no lemon), milk, ensure/protein shakes (no straws), iced coffee

### **Approved foods After 24 Hours:**

**As a general rule, if you cannot mash it with the back of a fork, DO NOT EAT IT.**

### **SOFT FOODS:**

- Canned vegetables
- Scrambled/ Soft boiled eggs
- Ensure / protein shake
- Soft pasta
- Applesauce
- Soups
- Cream of wheat /cream of rice/ Grits
- Pudding/ Yogurt/ Jello
- Soft Bread / pancakes
- Cottage Cheese
- Mashed potatoes
- Canned/potted meat
- Meatloaf
- Steamed Fish
- Sliced Deli Meat

### **IF YOU HAD A DENTAL IMPLANT PLACED:**

**DO NOT EAT OR DRINK THE FOLLOWING ITEMS FOR 2 WEEKS AFTER SURGERY:** Spicy foods, Juices, Chips, Nuts, Popcorn, or Carbonated drinks(soda)

- **DURING THE HEALING PHASE OF TREATMENT (4-6 MONTHS) AVOID TEARING OR RIPPING FOODS WITH YOUR TEETH.**
- **CUT FOODS INTO BITES WITH A FORK INSTEAD OF USING YOUR TEETH TO BITE INTO FOODS.**
- **ONCE YOU ARE HEALED FROM THE SURGERY, YOU MAY EAT ANY FOOD THAT YOU CAN CUT WITH YOUR FORK.**

Please follow these instructions for proper temporary crown care:

## Food:

NO hard, chewy or sticky foods on the side where the temporary is! Avoid: gum, caramels, carrots, apples, gummy bears, jolly ranchers, etc. If you have the temporary in the front, do not bite into any foods. Break or cut your food into chewable pieces.

## Brushing and Flossing:

Brush area well and keep the tooth as clean as normal. By not keeping the tooth clean will cause gum disease and bleeding. Rinse with warm, salt water if your gums are sore.

When flossing, push the floss through the area, clean in-between, and then slide the whole piece of floss through the side! Do not pop the floss back out as this may dislodge your temporary crown. You can also tie a knot in the floss and slide the floss through the side to help dislodge any stubborn food particles.

## If your temporary crown comes off:

CALL US! (520-745-0030). Although the tooth may feel "okay", the tooth can shift (move) causing the permanent crown to not fit properly. *You can obtain temporary cement from a drugstore (Walgreens, Walmart, CVS). Dry the inside of a temp with a tissue or cotton swab and apply some temporary cement to the inside of the temp and place back onto tooth.* Bite down firmly with some tissue folded up between your teeth. Hold for 30 seconds. Do NOT re-cement your temporary crown with Super Glue! Super Glue is very toxic and can 'burn' the tooth causing damage to the nerve. Super Glue can also cause the temporary crown to bond too well to the tooth and can cause the tooth to break when removing the temporary.

## Pain:

You may experience some discomfort after the anesthetic wears off and your tooth may also feel sensitive to hot or cold until we get your permanent crown cemented in place. Any over-the-counter pain medication you take for minor aches and pains should help alleviate the pain. If your regular over-the-counter medication does not help with the pain, please call our office for further instructions.

**Bite feels off:** If your bite feels 'off' or 'not even' – call us so we can make an appointment to adjust your bite. Biting too hard on this tooth can cause the tooth to ache. Please don't feel that you can 'just get used to it'! You may damage the temporary and the tooth!



## INFORMATION CONCERNING YOUR DENTURE

- Adjusting to a new denture takes time and practice. At first, speaking and chewing will seem awkward, but with practice, you will gain skill and confidence with your new denture.
- You may experience sore spots caused by settling of the denture in your mouth for the first several weeks. Please call our office for an appointment to adjust your denture as needed.
- Every night carefully remove your denture and clean with a toothbrush and low abrasive toothpaste or denture cleanser. Rinse your mouth thoroughly with water to remove plaque and food particles. Clean your denture over a towel or a sink filled with water to protect it in case you accidentally drop it.
- Place your denture in plain water or in a denture soak overnight. It is important to leave your denture out of your mouth overnight to allow your gums to relax.
- When eating, practice chewing on both sides of your mouth to keep your denture balanced. Also, avoid biting into hard foods (apples) to avoid displacing your denture.
- Once a year, you will need to come in for an examination so the doctor can check the fit of your denture, check your gum tissues, and do an oral cancer-screening exam.
- Every 2 to 3 years you may need to have the inside of your denture refitted (called a denture reline) to maintain the tight fit of your denture. A denture reline is needed when your denture moves or rocks in your mouth. Rocking of your denture will cause the bone that supports your denture to shrink and make your denture more difficult to wear.

## INFORMATION CONCERNING AN IMMEDIATE DENTURE

- Biting pressure on the denture will promote clotting and will decrease the initial flow of blood. Slight bleeding can last up to 2-3 days.
- Use an ice compress on affected side for 20 minutes on and 20 minutes off for the first 24 hours.
- Limit your diet to soft and easy to chew foods and plenty of fluids for the first week.
- Do not take the denture out today, but rinse your mouth with warm salt water before going to bed and after meals (1-teaspoon salt in 1-cup warm water).
- Starting tomorrow, carefully remove the denture twice a day and clean with a toothbrush and a low abrasive toothpaste or denture cleanser. Rinse your mouth with warm salt water.
- Sleep with the denture in your mouth for one week. Then you should take it out when sleeping in order to relax the gum tissues.
- You may experience sore spots as the gum tissue heals and shrinks. Please call the office for an appointment to adjust the denture as the sore spots occur.
- Due to the gum shrinkage that occurs within the first six months, you may go through periods of a loose fitting denture. A temporary liner will be placed into the denture as needed. Denture adhesives can be used during this time as well.
- Following the gum shrinkage period (approximately 6 months), a permanent reline will be placed in your denture.