

## POST SURGICAL INFORMATION/ INSTRUCTIONS

### **BLEEDING: Slight bleeding is common for the first 24-36 hours.**

- If you experience uncomfortable bleeding/oozing, bite on gauze with firm, continuous pressure for 30-45 min.
- Do not keep removing and replacing the gauze during this time, you must keep it in your mouth under firm, continuous pressure.
- **Tea bags:** Better than Gauze! Any kind of tea: black, green, herbal, decaf, etc.
  - Take a new tea bag, moisten it, and apply similarly for 30-45min. at a time with firm continuous pressure.

### **RINSING / HYGIENE:**

- **NO vigorous rinsing and spitting for the first 48 hours.**
- Beginning the DAY AFTER surgery, you may rinse your mouth gently using warm salt water (1/4 teaspoon of salt to 8 oz lukewarm water) but no more than 3 times a day
- If you are given a prescription for a mouth rinse, please use this instead of the saline rinse
- You may resume your normal brushing the night of surgery but be very gentle near the surgical area.
- Brushing your teeth may stimulate some bleeding for up to several days after the procedure

### **SMOKING / STRAWS:**

- **NO smoking for the first 72 hours.** Smoking will delay the healing process!
  - **Smoking is the #1 risk factor for developing a Dry Socket**
- **NO using straws for the first 48 hours-** this can disrupt the forming clot

### **DIET:**

- Please make sure to **stay hydrated**, especially if you had multiple teeth extracted
  - *Avoid caffeinated beverages* for the 1<sup>st</sup> 24 hours
- You should begin a soft or liquid diet as soon as you feel comfortable doing so
  - Be especially careful of chewing if your tongue is still numb from any anesthetic that was administered
- Please try not to take your pain medication on a completely empty stomach- this can increase your chance for feeling nauseous after the surgery

### **SWELLING / BRUISING:**

- Apply **ICE** to your face on the affected side, 20 minutes on and 20 minutes off for the first 6-8 hours
- Keep your head elevated and avoid bending over and strenuous exercise for the first 72 hours
- Facial **swelling is normal** following surgery and **will peak at approximately 2-3 days after surgery** before beginning to gradually decrease.
- You may experience discoloration/bruising of the skin for several days following surgery. This is normal and will gradually disappear.

## MEDICATION:

- **Begin** taking your Pain medication **BEFORE the anesthetic wears off**
- If you are taking Prescription pain medication, DO NOT drive vehicles or operate machinery or other tasks requiring concentrated thinking.
- If you were given a **Sock-It** syringe, you may apply a nickel-sized amount to the extraction site(s) 3-4 times/day **starting the next day** after surgery
- If you were prescribed **Ibuprofen + Vicodin/Percocet**, alternate the two medications every 3-4 hours
  - Please remember that all narcotic pain medications can cause nausea if taken on an empty stomach
- If you are taking antibiotics while taking birth control pills, alternative birth control methods are recommended.
- Please avoid taking any pain medication with Aspirin in it (e.g., Bayer, Excedrin) as this can prolong your bleeding.
  - If you take a baby Aspirin normally (81mg) for your heart, it is OK to continue taking it
- **Prescription refills/concerns:**
  - Please call (or text) me and leave a message with your Name, Date of Birth, and Pharmacy Number

## SHARP BONY EDGES / DRY SOCKETS:

- You may experience hard, sharp areas when you place your tongue on the surgical site. You may think that it is a part of your tooth that has been left behind. This is the hard bony wall originally supporting your tooth and will remodel/resorb/dissolve on its own or, occasionally, may need assistance from your doctor.
- “**Dry Socket**” means the blood clot that should have formed in the extraction site(s) has dissolved leaving an exposed bony area. If your pain is not being controlled at all by medication, this may be what you are experiencing. *This can be treated by returning to the office to have a medicated dressing placed*
  - Home Remedy: Clove oil extract. Unfortunately, this cannot be found at most traditional grocery stores or pharmacies. Instead, you usually need to seek out a more "natural" grocer such as Whole Foods, Vitamin Cottage/Natural Grocers, etc. I would suggest asking a sales associate at the store where to find it once you go there.
  - You need to just take about 3-4oz of water (temperature is not that important, just not hot) and pour it into a little glass/dish/etc. Next, mix in about 8-10 drops of the clove oil and dilute it with the water. You can then take a cotton ball (or small paper towel that's been wadded into a ball) and soak it in this solution and then wring out some of the excess so it's not dripping too much. You then need to place the cotton ball/paper towel over the area of the extraction site and let it just soak there for a good 5-10min. This process can be repeated as often as desired. Ideally, it will provide relief that often cannot be found with typical pain killers.

## QUESTIONS/CONCERNS?

- During normal business hours of 7:30a-4:30p, please call the office at **303.232.5637**
- At all other times, you may reach Dr. Noori via either e-mail ([drnoori@peakoms.com](mailto:drnoori@peakoms.com)) or text/cell: **303.475.3736**