



# UNIVERSITY DENTAL ASSOCIATES

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## Instructions Following Oral Surgery

Following a tooth extraction, you will leave our office biting on folded cotton gauze placed over the extraction site. Please stay closed firmly on the gauze for at least 1 hour. As the gauze becomes saturated replace as needed.

***DO NOT RINSE, SPIT, DRINK THROUGH A STRAW, DRINK CARBONATED OR ALCOHOLIC BEVERAGES OR SMOKE FOR TWENTY FOUR HOURS.***

**BLEEDING:** Normal oozing may occur for up to 48 hours or more following surgery and is controlled by firm biting pressure on several gauze pads placed over the tooth socket. Keep gauze packs in mouth until you eat. Replace them after eating and keep them in until bedtime. If bleeding is brisk and fills the mouth quickly, call our office immediately.

**TEA BAGS:** Tea bags are useful to control bleeding at home. If bleeding seems to be excessive at home tonight, wet a tea bag with warm water and place it over the bleeding are, bite down firmly for one to two hours and bleeding should stop.

**SWELLING:** Swelling and sometimes bruising are common after surgery. The maximum swelling, pain, and jaw stiffness normally occurs 2 or 3 days after surgery. Apply ice packs for 15 minutes on then 15 off until bedtime on the day of the surgery. This will keep swelling to a minimum. Also keep your head elevated until bedtime. Moist heat after 36 hours may help jaw soreness.

**PAIN:** The greatest amount of discomfort is in the first 6 to 8 hours after surgery. Never take pain medication on an empty stomach. Take one pain tablet immediately after you receive your prescription. If difficulty breathing occurs, call 911 or report to the emergency room. If itching or a rash develops, discontinue the prescribed medications and call our office. If a dull pain along with an earache increases on the 3<sup>rd</sup> or 4<sup>th</sup> day call the office to have it checked.

**MUSCLE SORENESS:** Difficulty in opening the jaws is common after third molar extractions (wisdom teeth).

**MOUTH SORENESS:** Difficulty in opening the jaws is common after third molar extractions (wisdom teeth).

**MOUTH CARE:** 48 hours after surgery start irrigating out extraction sites using syringe with a mixture of warm salt water. (8 oz to 1 teaspoon of salt) Irrigate after each meal and before bedtime. Leave salty taste in mouth, as salt aids in extraction site healing. **Do not rinse with water following procedure.**

**DIET:** It is important to maintain good nutrition following surgery. Eat a lukewarm soft diet the day of surgery. Do not drink through a straw. Eat whatever you can the day after surgery but stay away from hard, chewy foods. Drink plenty of fluids!

**POPCORN:** Do not eat popcorn, peanuts, nuts, chips or other small hard food for 2 days after surgery.

**INFECTION:** Infection following surgery is rare but if swelling and discomfort worsens after the 4<sup>th</sup> day following surgery along with a foul taste, fever and difficulty swallowing, contact our office immediately.

**DRY SOCKETS:** Normal healing after tooth extraction should be as follows: the first day of surgery is the most uncomfortable and there is some degree of swelling and stiffness. The second day you will usually be far more comfortable and, although still swollen, you can usually begin a more substantial diet. From the third day on GRADUAL, STEADY IMPROVEMENT should mark the remainder of your post-operative course. If a DRY SOCKET occurs (loss of blood clot from the socket, usually on the 3<sup>rd</sup> to 5<sup>th</sup> day after surgery), there is noticeable, distinct, persistent, throbbing pain in the jaw, often radiating to the ear and forward along the jaw to cause other teeth to ache. If you do not see steady improvement during the first few days after surgery, don't suffer needlessly. Call the office and report symptoms so you can be seen as soon as possible.