

Post-Operative Instructions for Dental Surgery

IMMEDIATE POST OPERATIVE INSTRUCTIONS:

- Go directly home from the office. **Attempt to eat a liquid diet food** and take your pain medications as soon as possible. Taking pain-meds on an empty stomach will cause nausea. **Consuming plenty of fluids and nutrition today is important and minimizes the risk of nausea/ vomiting.**
- Day of surgery only, **apply ice packs** to the area(s) of surgery to reduce future swelling and pain (**focus on the lower jaw** if you had your bottom wisdom teeth removed). Ice packs should be applied 15 minutes on and 15 minutes off for the first 24 hrs.
- Bite down firmly on the gauze packs** that have been placed over the surgical areas, making sure they remain in place for around 20-30 minutes.

DIET:

- Utilize a liquid diet only for the first week** (ex: tomato soup, yogurt, mashed potatoes, protein shakes, ensure shakes, and pudding). **Softer diet from day 7-14**, it can include extremely over boiled pasta, scrambled eggs, well steamed vegetables. It is best to avoid foods with small seeds (ex: strawberries, rice) that can get lodged in the extraction areas. The reasoning for the soft diet is not based on your ability to eat the food. It is so if anything gets stuck into the extraction site, it will be able to dissolve and be flushed out.
- Avoid the use of straws for 2 weeks** as the suction can pull bacteria into the surgical site and cause an infection or dry socket.
- Your food intake will be limited for the first few days. You should compensate for this by increasing your fluid intake. At least 5-6 glasses of liquid should be taken daily. Try not to miss a single meal. You will feel better, have more strength, less discomfort and heal faster if you continue to eat..

ACTIVITY:

- Do not drive or operate machinery for 24 hours. Do not engage in sports, aerobics, heavy work, or heavy lifting for seven days. Avoid the use of tobacco products and alcohol for at least seven days.

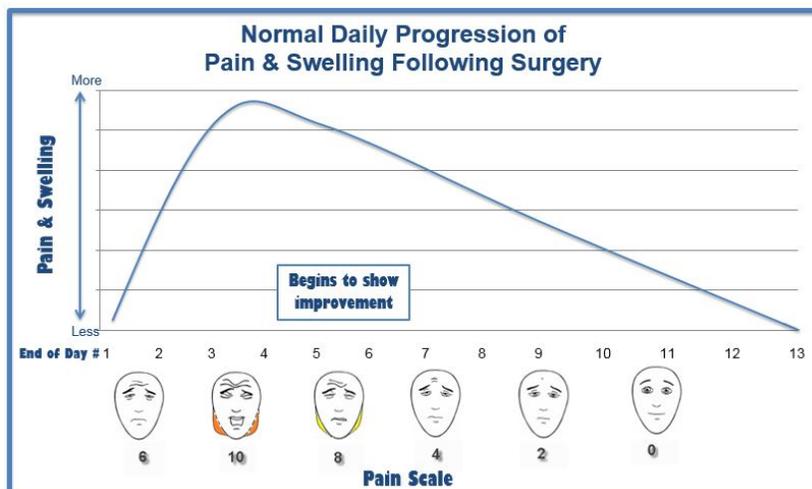
SURGICAL SITE CARE:

- Resume brushing your teeth**, as best as possible, **starting the night of the surgery** to reduce the risk of an infection. Only brush the top of the teeth directly in front of extraction sites (avoiding gums in area).
- After meals, rinse your mouth very gently during the first 24 hours. Do not spit forcefully. Aggressive rinsing may dislodge blood clots and interrupt the normal healing process. Following the first day, rinsing after meals can be slightly more vigorous and it is generally a good idea to rinse with a warm diluted salt solution (1/4 teaspoon salt in 8 oz. water). **Avoid the use of commercial mouthwashes**, as they may contain alcohol, which can delay initial healing.
- When you depart the dental office, you will be biting on gauze. Bite on the gauze packing over the surgical site(s) for at least 20-30 minutes. **Apply constant firm pressure**, do not chew. It is common to have to replace gauze every 20-30 minutes for the first day. If bleeding persists, fold a piece of new gauze into a thick pad and place on the extraction site(s) and continue applying **constant biting pressure**. It is better to continually bite on the gauze than to keep changing it every few minutes. If the surgical site(s) are still bleeding after 1 hour, you may substitute a tea bag (soaked in hot water, squeezed damp-dry) for 20 or 30 minutes. Slight bleeding or oozing may occur following extractions and **is expected for the first 24 hrs**. Red tinged saliva is normal for a few days following surgery and is not indicative of bleeding. If excessive uncontrolled bleeding occurs, consult your surgeon.

- Two days after surgery, you may apply warm compresses (ex: a microwaved damp wash cloth) on the side of the face to aid in healing.
- **MEDICATIONS:**
 - **Normal swelling will reach a peak on the second to third day after surgery. This is also when discomfort tends to peak.** It is normal to have bruising in the area of the surgery. After day three, the remainder of the post-operative course should be a gradual but steady improvement.
 - Utilize the Ibuprofen (Motrin/ Advil) every 6 hours for the first 3 days regardless of pain to decrease post-op swelling
 - Never utilize pain medications on an empty stomach
 - **Take the following drugs according to your pain intensity**
 - **Mild Pain:** 600mg ibuprofen (Motrin) every 6 hours
 - **Moderate Pain:** 600mg Ibuprofen (Motrin) + one or two Acetaminophen (Tylenol) every 6 hours
 - If given a prescription mouth-wash, gently swish only 2-3 times daily. Do not rinse mouth after swishing.
 - If prescribed, take all antibiotics until gone.

□ **THE MOST COMMON QUESTIONS:**

- Nausea is common after surgery. Nausea can be reduced by preceding each pain pill with soft food and a large amount of water. Classic Coca Cola or ginger ale may help if nausea has occurred. Limited amounts of carbonated drinks are okay to consume.
- Is can be **normal to be numb through the entire first night** of your surgery.
- **Any sutures that were placed will dissolve on their own, anywhere from 3-10 days after surgery.**
- If you are given a plastic irrigating syringe, **do not use it until post op day 5.** Then use it daily until you are certain the tooth socket has closed completely and that there is no chance of any food particles lodging in the socket (usually 2-3 weeks).
- If you have a **orthodontic retainer**, you may not be able utilize the retainer for 1 week after surgery.
- Your case is individual, as no two mouths are alike. Do not accept well intended advice from friends. Discuss your problem with the persons best able to effectively help you, which are your surgeon and family dentist.
- It is suggested to **keep this form with your surgeon's phone number for two months' post-surgery in case of any needs you may have (i.e. pain, infection, etc.).**



Prescription Instructions

Pain:

1) Mild Pain

- Ibuprofen 600mg (Equivalent to 3 x Motrin/Advil 200mg tabs)
 - Take 1 tab every **6 hours** as needed for **MILD pain. Take every 6 hours until day 3** after surgery to help reduce swelling (which causes pain). After day 3, take only as needed for pain. Start using **immediately** after eating post-surgery.

2) Moderate Pain

- Acetaminophen (Equivalent to Regular or Extra Strength **Tylenol**)
 - Take 1-2 tabs every **6 hours** as needed for **MODERATE pain along with the ibuprofen** above.
 - You will need to purchase this medication over the counter

3) Severe Pain

- Tramadol
 - Take 1 tab every **6 hours** as needed for **SEVERE pain along with the ibuprofen and acetaminophen** above. If this medication is needed, it is usually utilized around **day 2-3** after surgery as you **may be numb until bedtime** on the day of surgery.

Steroid: Decreases swelling

- Dexamethasone
 - Start taking on the **evening you had the surgery**. Take 1 pill every 12 hours until gone.

Mouthwash: Antibiotic mouth wash

- Chlorhexidine
 - Start using this rinse **the morning after surgery**. Swish for 30 seconds with 1/2 cap full, twice daily for 10 days. Spit out excess after swishing. **Do not rinse out mouth after** using for 10 minutes. Do not use any other over the counter mouth rinses during these 10 days.

★ **Antibiotic:** May also have been given. If so, start using **immediately** after eating post-surgery and take **as directed**.



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Platelet Rich Fibrin

HEALING FROM WITHIN



As with any surgical procedure, there are associated risks. The most common risks with oral surgery include swelling, discomfort, difficult opening, bleeding and dry socket.

Dr. Woodmansee is now able to offer **Platelet rich fibrin (PRF)** therapy to his patients. A clinically proven way to enhance healing and recovery from surgery. Platelets are known to have **high contents of growth factors**, which helps you to heal faster!

PRF permits the body to take advantage of the normal **healing pathways at a greatly accelerated rate**. Until recently, its use has been confined to a hospital setting only, mainly because of its cost and more complex harvesting (more blood was required or the need to access a blood bank). New technology has changed this and has made it readily available for patients in an office setting. We are proud to offer PRF along with your dental surgery.

Only requires a small blood sample	Virtually painless
100% natural, 100% you	Biocompatible
No additives, chemicals, or foreign substances	Lowered risk for complications
Healing properties	Promotes recovery
Simple procedure	FDA cleared

How it works?

Platelet rich fibrin is a process where blood is collected in a tube and then placed in a centrifuge for 10 minutes. During this process, the platelets and leukocytes are collected with great efficiency and are activated, releasing the growth factors into the fibrin matrix. This fibrin matrix is then used as a wound dressing. Studies have shown it is able to **accelerate wound healing, reduce inflammation and swelling, improve discomfort and help prevent alveolar osteitis (dry socket)**.