

## EXTRACTION

Berkshire Facial Surgery, Inc.  
(413)562-1100

**\*Advil/Ibuprofen 600mg (3 tablets) 4 x a day**

### INSTRUCTIONS FOLLOWING SURGERY

**PLEASE READ THESE INSTRUCTIONS CAREFULLY.** Sometimes the after-effects of oral surgery are quite minimal, so not all of these instructions may apply. Common sense will often dictate what you should do. However, when in doubt, follow these guidelines or call our office at any time for clarification.

#### DO NOT's

1. Do NOT **rinse** vigorously or forcefully for at least 3 days.
2. Do NOT **spit** for at least 3 days.
3. Do NOT **use a straw or cause a similar pressure** in the mouth for at least 3 days.
4. Do NOT **smoke** for at least 2 weeks.
5. Do NOT **disturb the surgical** area or probe the area with any objects or your fingers.

### INSTRUCTIONS FOR THE DAY OF SURGERY

#### GAUZE/OOZING & BLEEDING

Bite down **gently** but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Do not change them for the first 1/2 hour unless the bleeding is not controlled. Check to for active bleeding by **looking for oozing inside of the mouth** (looking at the color of the gauze will NOT determine active bleeding). If active bleeding persists after a 1/2 hour, discard the old gauze and place enough new gauze to obtain pressure over the surgical site for another 30 - 60 minutes. Intermittent bleeding or oozing is normal. The gauze may be changed as necessary. If you do not see oozing at the surgical site(s), you DO NOT need the gauze.

#### STEADY BLEEDING

Bleeding should never be severe. If it is, it usually means that the packs are being clenched between your teeth rather than exerting pressure on the surgical areas. Try repositioning fresh packs. If bleeding persists or becomes heavy you may **substitute a tea bag** (soaked in hot water, squeezed damp-dry and wrapped in moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office.

#### EXERCISE CARE

Take it easy today. Do not do anything too strenuous.

#### SWELLING

Often there is some swelling associated with oral surgery. You can minimize this by using a cold ice pack or ice bag wrapped in a towel and applied firmly to the outside of your face or cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 12 to 24 hours after surgery. After 24 hours, it is usually best to switch from ice to moist heat to the same areas. Also, keep your head elevated for the first 48 hours following surgery. Using pillows or a recliner are good ways to keep your head elevated when resting.

#### PAIN

Unfortunately, most oral surgery is accompanied by some degree of discomfort. This can usually be managed by staying on a scheduled dose of over the counter pain medication (OTC's) such as Ibuprofen (Advil/Motrin) or acetaminophen (Tylenol). *If you take the first dose before the anesthetic has worn off, you will be able to manage any discomfort better.* Some surgeries might require stronger pain medication. In these cases, your doctor has given you a prescription to be filled by your pharmacist. **If you do not achieve adequate relief with OTC's**, you may supplement by alternating doses of OTC's and the prescription medication. If you received a narcotic prescription, please read the provided Opioid Notice accompanying this instructions sheet. Remember that the most severe discomfort is usually within the first six hours after the anesthetic wears off, after that your need for medicine should lessen. Sometimes more involved surgeries will cause quite a bit of pain and swelling. In these cases, you may notice that the pain and discomfort peaks at the third day and starts to feel better by the fourth day.

#### NAUSEA

Nausea is not an uncommon event after surgery. It is sometimes caused by post-operative pain medicines or medications received during sedation cases. Begin by minimizing pain medication intake and by taking small sips of clear liquids such as flat Cola drinks or Ginger Ale. Once you feel more comfortable and can keep the liquids down, you can gradually introduce soft gentle foods and progress as you feel better. Call us if you do not feel better or if repeated vomiting is a problem.

#### DIET

Eat any nourishing food that can be taken with comfort. Temperature of the food doesn't matter but avoid extremely hot foods as you will be numb after surgery and will not know if you burn your mouth. It is sometimes advisable to confine the first day's intake to soft foods (yogurt, milk shakes etc.) Do not use straws for the first 3 days. Avoid foods like nuts, sunflower seeds, popcorn, etc., that may get lodged in the surgical areas. Over the next several days you can progress to solid foods at your own pace. It is important not to skip meals! If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster. If you are diabetic, maintain your normal eating habits as much as possible and follow instructions from us or your physician regarding your insulin schedule.

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### INSTRUCTIONS FOR THE SECOND AND THIRD DAYS

#### SHARP EDGES

If you feel sharp edges in the surgical areas with your tongue it is probably the bony walls which originally supported the teeth. Occasionally small slivers of bone may work themselves out during the first week or two after surgery. They are not pieces of tooth and, if necessary, we will remove them. Please call the office if you are concerned.

#### MOUTH RINSES

Keeping your mouth clean after surgery is essential. Use one-quarter teaspoon of salt dissolved in an 8-ounce glass of warm water and gently rinse/soak the surgical sites with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least two or three times daily for the next five days.

#### BRUSHING

Begin your normal oral hygienic routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean your teeth within the bounds of comfort.

#### HOT APPLICATIONS

Apply warm moist compresses to the skin overlying areas of swelling (hot water bottle, moist hot towels, etc.) for 20 minutes on and 20 minutes off to help soothe those tender areas. This will also help decrease swelling and stiffness.

#### SYRINGE

If you were given an irrigating syringe at the time of your surgery, start using it after the third day of surgery on the lower sockets **ONLY** to keep sockets clean. Fill it with warm water and irrigate around the site, especially after eating and before bed.

#### HEALING PROCESS

Normal healing after tooth extraction should be as follows: The first day of surgery can be uncomfortable with some degree of swelling and stiffness. The second and third days, you will usually feel most uncomfortable with pain and swelling. From the third day on, **GRADUAL, STEADY IMPROVEMENT** should mark the remainder of your post-operative course. Sutures should dissolve in 7-10 days, give or take.

#### DRY SOCKETS

If a **DRY SOCKET** (loss of blood clot from the tooth socket, usually noticeable on the 3<sup>rd</sup> to 5<sup>th</sup> day after surgery) occurs, there will be a noticeable, distinct, and persistent throbbing pain in the jaw. Often the pain radiates toward the ear and forward along the jaw, causing 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.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office. Please try to call during office hours, however a 24-hour emergency service is available for after-hour contact with the doctor. Calling during office hours will afford a faster response.

#### RESTORATION

Your extraction site(s) will be ready for implant replacement in 3 months or conventional partial/bridge 6 weeks. Please contact your general dentist if restoration plans have not been made.

#### MEDICATIONS FOLLOWING SURGERY

- Ibuprofen/Motrin (non-steroidal anti-inflammatory)- Take 3 (3 tablets X200mg = 600mg) tablets every 4 hours during waking hours for 48 hours and then use as needed. **DO NOT USE IF PREGNANT.**
- Tylenol #3 (Tylenol with codeine) - take as needed if stronger discomfort medication is required. Follow bottle directions. **DO NOT DRIVE OR DRINK ALCOHOL.**
- Norco- take as needed if stronger discomfort medication is required. Follow bottle directions. **DO NOT DRIVE OR DRINK ALCOHOL.**
- Percocet - take 1 tablet every 4 hours as needed if stronger discomfort medication is required. Follow bottle directions. **DO NOT DRIVE OR DRINK ALCOHOL.**
- Peridex - Follow bottle directions beginning the day after surgery.
- Antibiotic – Take till gone. Follow bottle directions.
- Other \_\_\_\_\_

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WOMEN: IF AN ANTIBIOTIC HAS BEEN PRESCRIBED AND YOU ARE TAKING BIRTH CONTROL PILLS, ALTERNATE BIRTH CONTROL METHODS MUST BE USED FOR AT LEAST ONE MONTH.