



# Ocean View Dental

Office of:

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*Keith Vodzak, D.M.D., M.S.D. (Orthodontist)*

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Phone (808) 254-5503 Fax (808) 254-4645

## **POST EXTRACTION INSTRUCTIONS**

Care of your mouth after extraction or surgery has an important effect on healing. Swelling, discomfort, and tightness of the jaw muscles are normal body responses to surgery and should not cause alarm.

1. **HEMORRHAGE CONTROL:** Slight bleeding or oozing is expected and even desirable. Continue biting on the gauze pack for one hour. If there is continued or renewed bleeding, fold up a fresh gauze pad, moisten it, and bite on it **FIRMLY** for 45 minutes. Remember to place the gauze directly over the place from which the tooth was removed. Do not spit or rinse your mouth. If bleeding does not stop, please call.
2. **SWELLING CONTROL:** Swelling of the jaws is to be expected. Application of ice bags over your jaw for the first 24 hours will help minimized the amount of swelling. Apply intermittently, 20 minutes on, 20 minutes off. Swelling may increase for 2-3 days before it begins to go down. Swelling may take 1-2 weeks to completely disappear, and there may be some bruising of the skin, which appears as swelling lesions.
3. **CONTROL OF DISCOMFORT:** Some discomfort is to be expected. You may have been given medications or a prescription which will help to control this discomfort. Otherwise, take 1-2 ibuprofen or Tylenol every 4 hours as you need them. If you were prescribed a pain medication, take it as soon as possible with something like a milkshake that can be eaten with a spoon so that it is less likely to cause an upset stomach. Use the prescribed pain reliever **ONLY** as needed. Otherwise, Ibuprofen is the best pain reliever and will fight Inflammation.
4. **DIET:** Do not skip meals. This will add to your discomfort and delay healing. Eat a soft diet and drink extra liquids. Ice cream and cream soups are excellent foods for the first day. **DO NOT USE A STRAW FOR 24 HOURS;** the sucking action may dislodge your blood clot. Stay away from seeds, nuts, rice, popcorn, etc... that can get into the extraction sites and cause a problem with swelling.



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5. **DO NOT DRINK** any alcoholic beverages today, or at any time while you are taking narcotic-containing pain medicine. **DO NOT SMOKE** for at LEAST the next THREE DAYS. Smoking may dislodge the clot and expose the bone, causing dry socket, which is **EXTREMELY** painful.
6. **ORAL HYGIENE:** Beginning the day after surgery, rinse your mouth gently with warm salt water (1/2 tsp. salt in a glass of warm water) after each meal and at bedtime. Do not rinse more frequently than this. Brush your teeth normally but avoid the site of extraction. **DO NOT SPIT;** this may dislodge the blood clot.
7. You may return to full activity, including work, school, or exercise when you have not taken narcotic pain medication for 24 hours.
8. As the extraction site heals, you will notice a hole which you can feel with your tongue. The hole will gradually heal and fill in, so that within approximately 2 weeks, it will not be noticeable. Until the site completely heals, the teeth next to it may be sensitive to heat and cold. Talk with your dentist about options to replace the missing tooth as teeth opposite it may begin to shift.
9. Pain and swelling are usually the worst on the second day after surgery and should gradually decrease.
10. After 72 hours, if the pain has not lessened or should return, this may be a sign of a "dry socket". Some describe the pain as an earache feeling, or throbbing sensation. Please call our clinic for treatment if this should occur.
11. If you had an upper tooth removed, do not blow your nose forcibly today or for the next week. Often there is only a thin membrane which remains between the tooth socket and the sinus, and this may be perforated by blowing your nose forcibly unless healing has begun.
12. Please call with any questions or concerns! Our business phone is listed above. In case of emergency, please call Dr. Wood at (808) 284-8994.



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