

Post-Surgical Instructions for Beautiful Smiles Family Dental Center

- 1. Bleeding-**After any surgery bleeding is a very necessary beginning of the healing process. Control the bleeding by direct gauze pressure. This should be held without interruption for the first hour after the surgery is completed. Change the gauze only when it is saturated with blood/saliva. A moist tea bag may also be placed over the extraction site to stop excessive bleeding. The gauze should be removed prior to eating and new placed after a gentle water rinse, once the meal is complete. Each surgical sight can seep up to 24 hours after the procedure. However, if bleeding was to reoccur after your departure, such as bright red bleeding or large clots would appear, please call the office to discuss the matter. Blood mixed with saliva may be apparent on your pillow cover during the night, especially if your surgery was later in the day. A tea towel can be placed over your pillow to absorb the spittle.
- 2. Swelling & Bruising-**Most surgical procedures will cause some amount of swelling. Bruising rarely occurs, but when it does it is usually in the elderly or patients who have had wisdom teeth removed. One-tooth procedures rarely cause much, if any, swelling or bruising. Wisdom teeth removal will cause the most swelling and potential bruising, but is unpredictable to what degree the swelling will occur. Swelling usually reaches its maximum within 72 hours and will then start subsiding. If there is an increase in swelling after the third day, call the office at (717) 938-1811 for a brief consultation. Ice packs can be applied to the area wrapped with a dry cloth. Ice packs need not be maintained for more than 24 hours after the surgery.
- 3. Pain & Medication-**Some pain or soreness is to be expected, but rarely predictable. Two or three tablets of ibuprofen (Advil) will usually control any discomfort. If necessary, the doctor will prescribe a stronger pain reliever. Following all preoperative and postoperative instructions will greatly minimize any discomfort. Any medications ceased in preparation for the surgery should be continued as directed by your physician or the dentist. Antibiotics that are taken after the surgery should be consumed in their entirety. Pain medications may sometimes cause adverse reactions; any such events should be immediately reported by calling the office at (717) 938-1811.
- 4. Diet-**Although you may tend to avoid eating, it is important to maintain a normal level of nutrition. Diabetics should give extra attention to their glucose levels. A soft food and liquid diet are best for up to 48 hours following surgery. Cool and cold foods can be very soothing, like ice cream. Fluids should include juices, milk, and water, although Gatorade, Kool-aid and Lemonade are my favorite. The last three really aide the healing process (Ha, Ha). In all seriousness, avoid exceptionally hard foods for at least 1-2 weeks, such as nuts, chips, pretzels, and popcorn, especially if wisdom teeth (third molars) were removed.
- 5. Home Hygiene Care-**Normal tooth brushing should not be stopped, but performed more gently. Mouthwash rinsing should be ceased for at least two weeks. The alcohol irritates surgical sites. Replace mouthwash with salt water (8oz. Glass with 1-2 teaspoons of salt) 24 hours after the surgery for up to two weeks, which will keep the surgical sites clean and the swelling to a minimum.
- 6. Avoid-**Certain activities delay or disrupt the healing process and therefore should be abstained from for at least 24 and preferably 48 hours. They include: spitting, smoking of any kind, chewing tobacco or chewing gum, consuming any alcoholic or carbonated beverages, consuming any type of food or drink through a straw, playing any musical instrument that requires the use of the mouth, strenuous exercise or lifting anything over forty pounds, travel out of the area of Beautiful Smiles Family Dental Center, where you would be unable to receive emergency procedures related to the initial surgery. We recommend that you do not return to work for at least 24 hours following 2 or more extractions. Following 4 or more extractions, it is recommended to take at least 7 days off from work.

If there are concerns, please call the office at (717) 938-1811 or (717) 487-8600 after office hours