

## SURGICAL POST OPERATIVE INSTRUCTIONS

The removal of teeth, especially impacted teeth, can result in a variety of conditions. The occurrence of any or all of the following may be considered as normal:

1. The area of surgery will swell and may become quite large. Generally, it requires two or three days for the swelling to reach a peak and another two or three days to go down.
2. Tightness of facial muscles may cause difficulty in opening of the mouth.
3. Adjacent areas may become symptomatic (i.e. other teeth, a sore throat may develop, throbbing in the ear or temple).
4. Numbness about the corner of the mouth on the side from which the tooth was removed may develop. This is called "paresthesia" and is usually a temporary condition. It may remain from a few days to several months, but is rarely permanent.

### Care Of The Mouth After Surgery

#### Activity:

Avoid vigorous activity that would elevate blood pressure.

#### Bleeding:

It is not uncommon for bleeding to last several hours and to reoccur as oozing during the night or the next day. For bleeding, place a gauze pack directly over the surgical site, and exert pressure by biting firmly down. Repeat this as necessary, changing the gauze on 45-minute intervals. Avoid spitting, rinsing, smoking or sucking through straws for 24 hours. These activities will loosen the clot that forms for proper healing. Smoking will slow down the healing process.

#### Swelling, Stiffness, Bruising:

Expect swelling after you surgery. It will be at its worst approximately 48 hours or 2 days following surgery. Ice packs placed firmly against the face as soon as possible will help to decrease swelling and minimize bruising. Ice packs should be applied against the outside of the face for 10 minutes on and 10 minutes off for the first 24 to 48 hours after surgery. (If swelling continues to increase after 3 days, contact our office).

#### Discomfort:

For mild pain, please use Ibuprofen (Motrin, Advil or Tylenol). For more severe pain, use the prescribed medication according to the label directions. An Ibuprofen or Tylenol in between pain pills can be very helpful. Begin taking the pain medication before numbness wears off for better overall relief. Continue to take other prescribed medications as usual, unless otherwise instructed. If pain pills cause nausea, take with a small snack or glass of milk, or cut tablet in half.

#### Diet:

Be careful eating and drinking until numbness stops. Maintain a good diet that is comfortable for you. Avoid alcohol intake. Do not skip meals, a good nutrition promotes healing. A liquid or soft diet is advisable for one or two days to avoid irritating the extraction site(s). Do not chew over the extraction site(s).

#### Oral Hygiene:

Begin rinsing gently with warm salt water the next day. (1tsp. salt in a glass of warm water). Use the salt-water rinses three or four times a day following meals to flush out particles of food and debris which may lodge in the operated areas, and continue this for at least a week following surgery. Begin brushing your teeth on the day following surgery. Brush the other areas of your mouth as usual.

#### Sutures:

Avoid playing with the sutures in your mouth. Return to our office for treatment and suture removal, as instructed at check out.

Please feel free to contact our office if any doubts arise as to your progress or recovery.

Call our office if any of the following occur:

1. Increasing, persistent pain or excessive facial swelling that occurs 3-4 days after the surgery.
2. Very foul odor that does not decrease even with good oral hygiene.
3. Unusual drainage from the extraction site(s).
4. Bleeding that is not controlled even after following the above instructions.
5. Fever, chills, nausea and/or vomiting (a slight elevation in temperature is normal).

# Chlorhexidine Gluconate Mouth Rinse Instructions

After oral surgery the doctor may give or prescribe Chlorhexidine Gluconate mouth rinse to take to reduce bacteria count in your mouth.

The day after surgery, rinse your mouth with chlorhexidine gluconate twice daily **after** breakfast and before bed for 5-7 days as directed by your doctor.

Measure your dose using the cup provided with the medication. Swish the medicine in your mouth for at least 30 seconds, and then spit it out. **Do not swallow the mouthwash.**

Do not add water to the oral rinse. Do not rinse your mouth with water or other mouthwashes right after using chlorhexidine gluconate.

Chlorhexidine gluconate may leave an unpleasant taste in your mouth. Do not rinse your mouth to remove this taste after using the medication. You may rinse the medicine away and reduce its effectiveness.

Warm salt water rinses (teaspoon of salt in a cup of warm water) may be used at least 4-5 times a day as well, especially after meals.

All rinsing should be gentle in order to not dislodge the blood clot in the area.

**Possible adverse reactions:** The most common side effects associated with chlorhexidine gluconate oral rinses are: 1) an increase in staining of teeth and other oral surfaces; 2) an increase in calculus formation; and 3) an alteration in taste perception. All reactions will dissipate and stop once you finish taking the rinse. Staining on your teeth will be removed at your next regular hygiene visit.