

Immediately after surgery - Return home from the office after surgery and rest quietly with the head elevated for approximately one hour. If you had IV sedation as part of your procedure, avoid operating mechanical equipment or drive until you feel no residual effect from the anesthetic. This may be up to 12 hours.

Gauze: Your mouth will be numb for about 3 – 5 hours after surgery. To avoid injuring yourself during this period, do not bite or scratch your tongue or lips until the numbness has decreased. Bite down gently but firmly on the gauze pack(s) that we placed over the socket, making sure it remains in place. The gauze placed in your mouth may be removed 1 hour after surgery. If there is no excessive bleeding, the gauze does not need replacement. If there is excessive bleeding after gauze removal, fold a new piece of gauze to the size of a tea bag, place directly over the socket and bite firmly for another hour. Blood tinged saliva is normal for the first 24 hours.

Pain: We advise you to take pain pills beginning 1- 2 hours after surgery. You may start with 400-600 mg of Ibuprofen (Advil) or 650-1000mg of acetaminophen (Tylenol). After this first dose, please follow instructions on our **“Pain Control Without Opioids”** form. If you do not achieve adequate pain relief with ibuprofen and acetaminophen combination, we can call in prescription strength (opioid containing) pain pills to your pharmacy. Prescription strength pain pills are rarely needed for tooth extraction discomfort. Do not take acetaminophen (Tylenol) if you are taking a prescribed pain pill.

If prescribed Dexamethasone for the control of swelling, take it as directed. If an antibiotic was prescribed and you are currently taking oral contraceptives, use an alternate method of birth control for the remainder of this cycle.

Diet: You may begin drinking liquids and eating soft foods 1 hour after your surgery and gauze removed from your mouth. Avoid extremely hot foods or liquids, as your mouth will be numb. It is sometimes advisable, but not required, to confine the first days intake to liquids/pudding, noodles, soft bread etc. Examples of suitable food in the first few days are soup with cooked vegetables, macaroni and cheese, diced chicken, flaked fish, pasta with sauce and ground meat, ice cream, cake, puddings, yogurt, milk shakes, smoothies etc. Over the next several days you may gradually progress to solid foods. It is important not to skip meals! If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster. Avoid chewing harder food until mouth sensation has returned. Avoid foods like chips, sunflower seeds and popcorn, etc., which cause pain and pain if chewed incorrectly. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor. You may use a straw for liquids beginning the 1-2 days after surgery

Oral hygiene: Begin warm salt-water rinses (1/2-tsp. salt with 1-cup water) 3-4 times per day beginning the day **after** surgery. Continue these rinses for 7 days after surgery. Begin normal tooth brushing the day after surgery. Soreness and swelling may prevent rigorous brushing of all areas, but make every effort to clean your teeth within your comfort level. Occasionally, a plastic syringe with a curved tip will be given to you to assist with cleaning. If do not receive a syringe from our office, you do not need it.

Bleeding: Bleeding will occur after surgery, and it is common to ooze a small amount of blood for 24-48 hours after surgery. Keep in mind that oral bleeding represents a little blood and a lot of saliva. Placing a gauze pack over the socket and biting firmly for an hour will usually control bleeding.

Persistent bleeding: Bleeding should never be severe. If so, it usually means that the packs are not directly over the tooth sockets. Try repositioning the packs over the socket, avoid physical activity, use ice packs on side of face near the surgery site and bite on gauze for 1 hour. Alternatively, a moistened tea bag may be placed over the socket and held between teeth for 45 minutes. The tannic acid in the tea leaves helps to promote blood clotting. If bleeding remains uncontrolled, please call our office.

Swelling, Stiffness and Pain: Swelling, stiffness and pain are to be expected. Swelling, stiffness and pain begin within a few hours after tooth removal and generally increase, reaching their maximum intensity 2-3 days after surgery. Pain is generally most intense in the morning and late evening.

To minimize swelling and lessen pain, cold packs or ice bag wrapped in a towel may be applied to the face adjacent to the surgical area for 30 minutes on, then 30 minutes off during the first 12-24 hours after surgery. Ice may always be used after tooth extraction to alleviate pain. However, after 2 days, ice will not improve swelling. You may try warm moist heat (damp washcloth placed in microwave for 10-15 seconds) to assist with swelling reduction beginning 3 days after surgery.

Stiff, sore jaw muscles may result in limited in mouth opening for a few days after surgery. Stiffness in jaw muscles is normal after oral surgery and usually resolves 5-7 days after surgery. Please make sure you can get at least 2 fingers stacked sideways between your upper and lower teeth when opening fully. If unable, work to stretch and lengthen jaw muscles by opening fully and massaging sore areas. Stretching these muscles will help resolve stiffness and pain.

Bruising may also occur, but should disappear soon.

Nausea –Nausea and vomiting can occur as a result of swallowed blood, discomfort, anesthesia or pain medicine. Post-operative nausea is usually self-limiting and sipping on flat cola or ginger ale often helps. Soda crackers also may be used. If nausea persists, stop taking pain medicine that contains opioids and substitute ibuprofen or acetaminophen for the next dose. If nausea persists, call our office.

Smoking: Impairs blood flow and is very detrimental to the healing process. **DO NOT SMOKE** for at least 72 hours after surgery.

If donated bone was added to your socket – DO NOT rinse vigorously. Roll your head from side to side to rinse your mouth after brushing. Aggressive rinsing will disrupt sutures and the bone graft material. Normal tooth brushing is ok. Avoid brushing directly over the surgical site.

If you have any questions about your progress or any symptoms you are experiencing, please call our office at (480) 515-5400. Dr. Pogue's cell phone number is noted on the office voice message if you have questions on the weekend or after normal business hours.