



Artistic Dental

at the biltmore

Dental Oral Surgery Post-Operative Care Instructions

To insure rapid healing and to avoid complications that could be both harmful and painful to you, please follow these instructions carefully.

1. **Bleeding:** To prevent unnecessary bleeding, maintain gentle pressure over the sockets by biting on gauze placed over the surgical site. You have been given a supply of gauze pads. If more are required, they are readily available in supermarkets and drug stores. A tea bag, which has been moistened and wrapped in a piece of gauze, is also effective.

This procedure should be continued for 2-3 hours or until most of the bleeding has stopped.

Change the packs every 15-20 minutes or when necessary. It is not unusual to have some slight oozing for up to 24 hours.

Rest today and keep your head slightly elevated. Do not engage in physical activity since this promotes bleeding.

2. **Medications:** Unless you already have your medication, pick it up soon from the pharmacy and take as directed. Generally, a long-acting local anesthetic is used, which may prolong numbness and pain relief for up to 12-15 hours. Take a pain pill when you first feel discomfort. If sedative medications were administered, do not drive for at least 24 hours after the procedure.
3. **Eating:** It is important to get adequate nutrition after surgery to help the healing process. You may want to start with fruit juices and then progress to a soft diet. Begin chewing foods when you are able to do so without it hurting. Where your teeth were removed, your jaw is now hollow and somewhat weaker than before. For that reason, you should not chew forcefully for 5-6 weeks. Doing so could bring about a bone fracture.
4. **Rinsing and Brushing:** Do not rinse for the first 24 hours, since this will contribute to clot dislodgment and dry sockets. After 24 hours, rinse with warm salt water (1/2-teaspoon salt in 8-oz. water) every few hours. Besides early rinsing, other actions that can contribute to loss of the clot and potentially painful dry sockets are using a straw and smoking. It is best to refrain from smoking for 4-5 days. Starting the day after surgery, carefully brush in areas of the mouth not affected by the extractions.
5. **Ice Packs.** To help prevent swelling, ice packs should be applied on the sides of your face adjacent to surgery sites. This is especially important if bone was removed. To the extent possible, apply for periods of 20 minutes on and 5 minutes off until bedtime on the day of the surgery. By 48 hours, swelling should be noticeably down. If it is not, check with the doctor. In the event of facial or neck bruising, its resolution can be expedited with frequent heat packs and massage.
6. **Postoperative Check-up:** The surgery site may need to be examined about a week after surgery to make certain that healing is progressing normally. If Dr. Dougherty wishes, we will schedule an appt for you. If sutures were placed they will be removed at this visit.

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7. Unforeseen Complications: If you suspect any problems with the normal course of healing, do not hesitate to call immediately.

Some patients develop allergies to medications (generalized rash, itching, etc.), infections (foul taste, unusual or prolonged swelling), or dry sockets (throbbing pain occurring 3-7 days following procedure). These and other potential problems are treatable if brought to our attention.

Office: 602-840-5400

Artistic Dental emergency line: 602-432-1155

At Artistic Dental, we do everything we can to make your surgery as painless and uneventful as possible. However, what you do or do not do following your surgery is important too.