

**FLETCHER HILLS DENTAL IMPLANT  
& ORAL SURGERY CENTER.**

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**POST OPERATIVE HOME CARE INSTRUCTIONS  
PLEASE READ**

**GENERAL INFORMATION:**

1. Expect some discomfort. nausea, swelling and bleeding in the immediate 24 hour period after surgery. This is **NORMAL**. However, **SEVERE** pain, vomiting, swelling, or bleeding should result in the immediate notification of the doctor if it does not subside.
- 2 Some bleeding can be expected following oral surgery even up to 48 hours after surgery. Place a rolled gauze pad directly over the area and bite down firmly for hour until the bleeding stops. Change the gauze every half hour until the bleeding stops. If bleeding persists, moisten a tea bag, roll in a ball, place on the bleeding area and bite firmly for 1 hour. Repeat if necessary until bleeding stops. Please call our office if this method fails to bring the bleeding under control.
3. **SWELLING** or bruising is quite apt to occur, particularly when sutures are placed. To minimize this apply an ice bag (ice in a plastic bag wrapped towel) against the jaw for 20 minutes, remove for 10 minutes. **DO NOT APPLY COLD AFTER 24 HOURS.**
4. **DIET**— Light, soft foods, warm soups and plenty of liquids are advisable. Well-balanced meals are essential to rapid healing. Do not use a straw or drink carbonated beverages for 5 days.
5. **DO NOT RINSE** your mouth for 24 hours following surgery. Rinsing may dislodge the blood clot and interrupt the normal process of healing. **DO NOT DISTURB** the blood clot. It is usually grayish in appearance (but can stain to almost any color) and has a slight odor, this is normal and does not indicate an infection.
6. 24 hours after surgery, gently rinse with salt water (1/2 tsp in a glass of warm water) after each meal. Gently rinse without swishing or creating negative pressure in your mouth 5 or 6 times for about one week. **DO NOT USE HYDROGEN PEROXIDE EVER.**
7. Motrin or Tylenol taken every 4 to 6 hours will relieve most post-surgical pain (adults). If other medication has been prescribed, it should be taken according to instructions.
8. **BRUSH YOUR TEETH.** Exercise care in the region of the operation, but it is very important that the teeth and gums be kept clean to promote healing and prevent infection.
- 9, If you have had immediate dentures placed, **DO NOT** remove them. They will be removed at your next appointment by your general dentist or Oral Surgeon.
10. **DO NOT SMOKE** for 7 days.
11. If you had a general anesthetic (sleep), go home and lay down with your head elevated (2 or 3 pillows). **DO NOT** move around (walk, etc.) unattended for at least 6 hours.
12. Sleep with your head elevated and use a pillow case and sheets that you don't mind getting blood on them.
13. Blood in your saliva is normal for the first 48 hours.

**IMPACTED WISDOM TEETH**

The removal of impacted wisdom teeth is quite different from the extraction of erupted teeth. The following conditions may occur, all of which are considered normal:

1. The area operated on will swell.
2. BRUISING (black and blue areas), this is not uncommon and is the result of free blood lodged in the tissues of the face. This condition is associated with the bleeding, clears up in about a week or two and ordinarily is not a cause for alarm.
3. Trismus (tightness) of the muscles may cause difficulty in opening the mouth.
4. You may have a slight earache.
5. A sore throat may develop.
6. Numbness of the lip on the side from which the tooth was removed may develop. This is called "paresthesia" and is usually a temporary condition, which will usually correct itself. It may remain anywhere from a few days to several weeks.
7. Your other teeth possibly will ache temporarily.
8. If the corners of your mouth are stretched they may dry and crack. Your lips should be kept moist with a cream or ointment.
9. There will be a depression where the tooth was removed. As well as possible, this should be rinsed following meals with warm salt water. This depression will gradually fill in with new tissue.
10. There may be a slight elevation in temperature (below 100 degrees) for 24 to 48 hours. If temperature continues notify us.
11. If you have been given sinus instructions, follow them carefully.
12. Sleep with your head elevated and use a pillow case and sheets that you don't mind getting blood on them.
13. Blood in your saliva is normal for the first day or two.

NOTE: In case of any abnormal disturbance, contact our office immediately.

WISDOM TEETH: We will see you back in 1 week after surgery. We will then give you a syringe to clean the holes. You must keep the holes clean by squirting them with the salt water syringe. You will need to do this until the holes close up completely. Everyone heals at their own rate. For most people their holes/sockets close up in 4-6 weeks however for some people it can take as long as 12 weeks. As long as there is a hole keep rinsing it with the syringe. Failure to keep the holes clean will result in food trapping, gum tissue healing over it and abscess forming. This would need to be cut open and drained and then you will be back to square one and you will have to keep it clean or another abscess will form. Follow our directions the first time and you will be able to avoid this potential complication altogether.

Note: If you have a syringe **do not use it** until **after 1 week** or you will dislodge the clot and get a dry socket.