

PATIENT GUIDE FOR TOOTH EXTRACTION

POST-OPERATIVE INSTRUCTIONS:

1. **Bite on gauze packs** for 30-45 minutes, if oozing persists, replace gauze packs for another 45-60 minutes. If bleeding persists or becomes heavy you may **substitute a tea bag**, soaked in cool water, squeezed damp-dry and wrapped in moist gauze. **APPLY PRESSURE** for 20-30 minutes. If bleeding remains uncontrolled, please call the office.
2. **Ice** may be used over the surgical area (cheek and jaw) 40 minutes of each hour (20 minutes on 20 minutes off) while awake for the first 24 hours, then discontinued. Protect the skin from excessive cold by placing a damp cloth between the skin and ice pack. **A bag of frozen peas** conforms nicely to the shape of your face.
3. **Elevate your head** and back using several pillows. This is important for the 2-5 days after surgery. This reduces the amount of swelling and discomfort you will experience.
4. **Begin oral hygiene** (brushing your teeth) the **day after surgery**. Use **salt water rinse** to keep the suture lines and wound clean. Use 1/4 tsp. salt dissolved in an 8 ounce glass of warm water, rinse gently with a mouthful of this solution 4-5 times a day. **Do not use peroxide** or any mouth wash for the first 7 days.
5. **Diet**-First day: a clear liquid or pureed diet is recommended, nothing hot. Eat any nourishing food that can be taken with comfort. On the day following surgery advance your diet from soft, blenderized foods (mashed potatoes, smoothies, milkshakes, scrambled eggs, oatmeal, poi) to a regular diet as tolerated.
6. **Medications- The best initial pain medication is ibuprofen** because it has anti-inflammatory properties (reduces swelling) as well as decreasing pain. Depending on the nature of your surgery you may be given the following prescription(s):

ibuprofen (Motrin, Advil) may be taken (with food) every 6 hours as needed. Stop taking this if you begin to feel any discomfort in your stomach.

Acetaminophen (Tylenol) is an alternative non-narcotic pain medication which can be taken with ibuprofen. Do not take if you have any liver problems.

For Initial Pain Relief after surgery we recommend the following combination: **ibuprofen 600 followed 3 hours later by Tylenol 325 mg. These two medications are then alternated every 3 hours up to a total of four doses of each medication in a 24 hour period. If this does not resolve your pain add the narcotic pain medication prescribed below.**

Narcotic Pain medication (Percocet, Norco, vicoprofen etc.) if necessary take one tablet if the ibuprofen/Tylenol combination is not working. Additional tablets may be taken one every 4-6 hours as needed for pain. **CAUTION:** do not drive or operate machinery while taking pain medications.

Antibiotics- You may be given a prescription for antibiotics. Depending upon the type of antibiotic prescribed, you will be taking one tablet 2, 3, or 4 times a day. The important point is that you must take them until they are gone.

7. **Activity:** (A) During your first post-operative day, stay up as much as possible. You should sit, stand, or walk around rather than remain in bed. However, you should rest when tired.
(B) Avoid bending over or lifting more than 5 pounds during the first week.
(C) Take extra precautions to protect your face and neck from bumps, hits or injuries for at least 2 weeks after your surgery.
(D) **Sports-** No swimming, gym, or strenuous activities for the first several days. **NO surfing or diving for the first week.**

For the first week following surgery, DO NOT:

Blow your nose
Drink through a straw
Smoke

Drink Carbonated Beverages
Use peroxide or mouthwash
Sneeze-if you must, do so with your mouth open

If you have any questions or problems, do not hesitate to contact our office for assistance at **326-2040**

DR. HIRANAKA CAN BE REACHED AFTER HOURS AT 322-0202