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POSTOPERATIVE INSTRUCTIONS - EXTRACTION

GENERAL INSTRUCTIONS

1. Biting on gauze after the extraction will help minimize bleeding. Stay biting on the gauze for at least fifteen minutes.
2. Increase your fluid intake following surgery and maintain a soft diet. Avoid carbonated beverages (soda) and very hot foods or drinks for at least two day. Avoid the use of a straw to drink fluids. If you have difficulty drinking fluids or swallowing contact the office.
3. Do not pull on your lip to examine the surgical site. The incision may open which can jeopardize and delay healing.
4. Do not smoke for at least two or three days after surgery. Smoking will delay healing and can lead to a dry socket (increased pain).
5. Avoid vigorous rinsing or spitting until the sutures are removed. This can loosen the clot in the socket.
6. Starting the day after surgery, brush your teeth as usual (except in the operated area). Rinse your toothbrush under hot water to soften the bristles and avoid vigorous rinsing. Gentle rinsing with Listerine, Peridex or warm salt water will help to clean the area. To make the salt water rinse, mix one teaspoon of salt with half a glass of very warm tap water.
7. Please limit your physical activity following surgery. You should be able to resume light activity in a day or two.
8. It may be difficult to chew and open your mouth following surgery. You can use moist heat or a heating pad after the swelling has decreased. Non-steroidal anti-inflammatory medications (such as Advil) can also help with muscle soreness and tightness.
9. Patients that maintain a good diet of soft foods generally feel better and heal faster. A nutritious diet throughout the healing period is important to your comfort, temperament and healing. Chop food in smaller pieces or use a blender to puree. A daily multiple vitamin is also recommended. Food supplements such as Ensure or Carnation Instant Breakfast, etc. may be helpful. Also avoid foods that may cause trauma to the gums such as popcorn, chips, nuts or shells.

Instructions for diet following surgery

Drink plenty of cool fluids after surgery such as water and fruit juice. Avoid carbonated beverages (soda) and very hot foods or drinks for at least two days.

A soft non-chewing diet is recommended for two weeks after surgery to allow the gum tissue to heal. It is also advisable to avoid acidic foods such as tomatoes, peppers, or citrus fruits and highly seasoned foods that may irritate the mouth. You may resume eating these foods in a few weeks after the mouth sutures are removed.

After the sutures are removed from your mouth it is still important not to disturb the area so that the bone graft or implants may fuse to your jawbone. Do not eat with your dentures or removable teeth. We realize that you may occasionally be in social situations that you will want to wear your dentures. If you occasionally need to eat a meal with the denture in place, choose a diet that is soft and does not require much chewing. If you need to use your denture for eating more than once a week please discuss this with Dr. Misch.

Patients that maintain a good diet of soft foods generally feel better, have less discomfort, and heal better. A nutritious diet throughout the healing period is important to your comfort, temperament and healing. Chop food in smaller pieces or use a blender to puree. A daily multiple vitamin and calcium supplements (ie. Citrical) are also recommended. Food supplements such as Metrecal, Nutrament, Ensure, Enrich, Sego, Instant Breakfast, etc. may be helpful. Also avoid foods that may cause trauma to the gums such as popcorn, chips, nuts or shells.

Breakfast

Apple juice, water, milk, coffee, tea. Yogurt, cooked cereals such as oatmeal or cream of wheat. Scrambled eggs, cottage cheese, milk, toast, applesauce.

Lunch and Dinner

Home cooked broth, bouillon, soups. Ground beef, baked or broiled fish, broiled or stewed chicken (finely chopped). Macaroni and cheese, scrambled eggs, bread softened with gravy. Baked or mashed potatoes. Asparagus, peas, carrots, lima beans, string beans (all mashed). Cottage cheese, canned bartlett pears. Jell-O, puddings, pound cake. Milkshakes and ice cream.

MEDICATIONS

Take all of the medications given or prescribed for you as directed. They have been given to you for very important reasons. The only type of medicine that you do not have to take all of is the pain medicine. Take all the medications with food unless otherwise stated. Have the prescriptions filled before surgery and take the medications before surgery as directed. Bring the bottles with you to your surgery appointment.

Pain medications (ie. Vicodin, Percocet, Advil, Motrin, Tylenol)

Please take the narcotic medication every 6 hours the day of and the day after surgery, even if you have no pain. It is easier to keep you pain free, than to get you out of pain once it occurs. If you still have moderate to severe pain after taking the prescription then call the doctor. Do not drive or operate machinery if you are taking the prescribed pain medication. If you develop a rash, notify the doctor. If you develop difficulty in breathing seek emergency medical treatment. You may develop constipation from the narcotic medication and may need an over the counter laxative if necessary. If you are only having minimal discomfort, you may switch to over the counter pain relievers (Tylenol, Advil). Avoid aspirin as it may increase bleeding and slow healing.

Antibiotics (Pen V K - penicillin, Amoxil - amoxicillin, Cleocin -clindamycin)

You may be prescribed an antibiotic after surgery. To be most effective, please take the medication as prescribed. You will start taking the antibiotic one hour prior to surgery. It is important to take all of the antibiotic to completion. Failure to take this medication as directed will increase your risk of infection. If you develop a fever, drainage and/or increased swelling after the surgery, please notify the doctor. If an allergy occurs (hives, itching, rash), discontinue the medication and contact the office immediately. If you develop difficulty in breathing seek emergency medical treatment. If you develop severe or persistent diarrhea please notify the doctor.

Anti-inflammatory (Decadron - dexamethasone)

You may be prescribed an anti-inflammatory medication to help minimize swelling after surgery. Unless you are told otherwise, you should take this medication in the morning for up to three days.

Bleeding

Slight bleeding for a number of hours following surgery is not unusual. Your saliva may be tinged with blood for up to 48 hours. If heavy bleeding is still present a few hours after surgery, moisten a wash cloth or wrap a tea bag in moist gauze and place it over the area applying pressure for one-half hour. Repeat this if necessary. Holding small amounts of ice water in your mouth will usually stop any slight oozing. If there is excessive bleeding the day of or continual bleeding the day after surgery, call for instructions.

Pain

You will probably have pain in the area the day of and the day following surgery and possibly longer. Take your prescribed pain medication after surgery even if you do not feel pain. It is easier to prevent pain than decrease it. Take pain medication when you arrive home and every 6 hours for the next 24 hours, then as needed. Do not drive or operate machinery when taking narcotic medications such as Vicodin (hydrocodone) or Percocet (oxycodone). Limit your activity the first few days after surgery. Trying to do too much too fast increases the swelling which increases your pain.

Swelling

To minimize swelling, a cold pack should be intermittently applied to the face next to the operated area (use crushed ice in zip-loc bags or a bag of frozen peas and wrapped in paper towel). Keep the cold pack on for 10 minutes, then off for 10 minutes. Repeat this sequence for 4 to 6 hours the day of surgery. Bed rest immediately after surgery with your head elevated by a pillow is also recommended. By limiting your activity the day of surgery, you will significantly limit the degree of swelling. Swelling usually peaks three days after surgery and may persist for several days. There may be numbness associated with the swelling. Fair skinned patients or those who bruise easily may anticipate some discoloration of the skin over the area. If the swelling is severe and/or you feel feverish as well, please call. It may be helpful to apply Vaseline to your lips to keep them moist.

Dry Socket

A dry socket occurs when the blood clot in the socket breaks down. It usually happens on the 3rd or 4th day after surgery. If you experience prolonged or increased pain a few days after surgery please call for an appointment. A dressing can be placed in the socket to relieve the pain.

NOTIFY THE DOCTOR IF ANY OF THE FOLLOWING OCCUR:

1. If pain or swelling increases after 3 days (it should be decreasing).
2. If the sutures become loose or dislodged before 3 days.
3. If you have any signs which may indicate a drug reaction or allergy such as itching, hives, rash or difficulty breathing.
4. You develop a fever or body temperature becomes higher than 100 degrees F taken orally.
5. Pain in your jaws is not relieved by the prescribed pain medication.
6. If you have any difficulty in swallowing or breathing.
7. If you have persistent nausea or pain that prevents drinking adequate fluids.

Telephone Number

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