

INSTRUCTIONS FOR PATIENTS FOLLOWING TOOTH REMOVAL

1. **DO NOT DISTURB THE WOUND:** In doing so you may invite *irritation, infection & bleeding*. No brushing or eating directly over the surgical sites.
2. **BLEEDING: KEEP HEAD ELEVATED AT ALL TIMES even while you sleep.** Moisten the gauze to prevent it from sticking to the surgical site. Keep the gauze in place for at least 20–30 minutes. Bite down by applying slight pressure and then remove the gauze every 20-30 minutes until bleeding stops. **SPOTTING** of blood is normal for the first 24 hours. If bleeding is extremely heavy and is not slowing down with pressure, please call the office. **DO NOT EAT, DRINK, OR SLEEP WITH GAUZE IN YOUR MOUTH, AS IT CAN BE A CHOKING HAZARD.**
3. **HOME CARE: Do not swish aggressively for the first 24-48 hours following surgery.** It is very important to maintain the blood clot over the healing site and swishing will disrupt it. Use the prescription mouth rinse (Periogard) or warm salt water to do head tilt rolls as instructed. Do not brush the surgical area for 1 week following surgery, we will provide you with a soft “post-op” brush to start using on the adjacent teeth after the 1st week. All other teeth should be brushed and flossed as usual. **Rinse 2 times a day, morning and night, and do not rinse with water following Periogard.** Periogard rinse *WILL STAIN YOUR TEETH AND TONGUE after prolonged use (over 1 week); (Disregard if using StellaLife products and see their brochure for instructions)*. After 1 week of rinsing with Periogard, switch to an alcohol free OTC rinse; we recommend the "Natural Dentist". You will notice your sutures coming loose at around 1-3 weeks and they may completely come out when you rinse.
4. **SWELLING:** To aid in the prevention of swelling after oral surgery, ice packs should be placed at intervals of 20 minutes on and 20 minutes off externally around the surgical site for 24 hours following the procedure. Do not place ice packs inside the mouth. **Maximum swelling and bruising does occur 72 hours after surgery.** Bruising can be blue, purple, green, yellow, or brown and travel down the neck or up the cheek as it heals.
5. **BONY EDGES/GRANULES:** After teeth are extracted, you may feel hard, sharp projections. These are usually the portion of the bone which surrounds the roots. They usually disappear in a few days or a few weeks. For bone grafts, we place thousands of granules of bone into the extraction sockets. Do not be alarmed if you feel loose bone particles in your mouth as it may feel like sand or grainy. They can escape from the surgical site and this is normal.
6. **ANTIBIOTICS:** If antibiotics are prescribed, be certain to continue taking the **full course**. *If* you develop hives or a rash, please discontinue use, take Benadryl, and call our office immediately! Antibiotics are prescribed as a precaution; however, this does not mean an infection will not occur.
7. **REST:** Get adequate rest. Strenuous activity following oral surgery can cause renewed bleeding and delayed healing for 5-7 days following extractions. The proper care following oral surgical procedures will hasten recovery and prevent complications.
8. **SMOKING/VAPING:** Refrain from these for at least 7 days post-extraction as this will hinder the healing process and can lead to complications.

DIETARY SUGGESTIONS FOLLOWING SURGERY

Please keep in mind it is important to eat a soft diet for the first week after surgery. This does not always mean a liquid diet, but “mushy”.

The **first day** following surgery, cold/room temperature soft foods only such as:

- Anything put through a blender/food processor
- Cottage Cheese
- Jell-o
- Pudding
- Yogurt
- Applesauce
- Plain ice cream
- Milkshakes & Smoothies (DO NOT USE A STRAW)
- Protein drinks

The **second day** after surgery, you may introduce warmer “mushy” foods such as:

- Macaroni and cheese
- Broth or Creamed Soups
- Mashed potatoes
- Eggs any style
- Pastas
- Flaky fish
- Shredded meats
- Most steamed vegetables (i.e. Potatoes, Yams, Cauliflower, Squash, Green Beans, Carrots)
- Avocados
- Cheese
- Bananas
- Cream of wheat

DO NOT EAT:

- Nuts/Seeds/Berries (strawberries, raspberries, & chia/flax seeds)
- Chips, Pretzels, or Popcorn
- Hard Breads (sourdough, dutch crunch, etc.)

Things to remember:

- ✓ Avoid extremely hot foods and citrusy foods as they can irritate surgical site
- ✓ Chew on opposite side of surgical site
- ✓ Do not eat/drink with gauze in mouth
- ✓ Do not use a straw until you return to the Ueno Center for post-op evaluation