

# NEW ENGLAND DENTAL CENTER, LLP

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## *Following Extractions:*

Please do not forget to ask the doctor when you should return for a follow-up appointment (removal of sutures, evaluation of healing, change of medications, etc...).

**Bleeding:** Leave the gauze pad over the extraction site for at least 30 minutes to one hour. Bleeding in the form of oozing may continue beyond 24 hours in some individuals without need for alarm. Spitting, repeated or aggressive rinsing and excessive physical activity tend to increase and prolong bleeding. Rest for the first few hours following surgery is recommended. In case of profuse bleeding after several hours, remove clot and:

- a. Cover socket only with a tight wad of **clean** dry gauze, or gauze moistened with either Afrin or Neosynepherine nasal spray or drops. Close jaws firmly for approximately 30 minutes each time. Swallow saliva during that period. Repeat until bleeding stops, or if you do not have immediate access to clean gauze, then follow the instructions below:
- b. Place a moist tea bag over the socket and close firmly for thirty minutes. If bleeding fails to stop, please call this office even if it is after normal hours **(617) 266 – 2700**. If for any reason that number fails, we have a backup pager number. The emergency beeper number given by **Dr. Joseph B. Hart is: (781) 458 – 0425**.

**Swelling:** Place ice cubes in a Ziplock plastic bag. Then place the bag on the surgery side of your face for 5 to 10 minutes at a time during the first 24 hours. This will minimize swelling and “black & blue” discolorations.

**Oral Hygiene:** Stop using ice packs after the initial 24 hours. Start your prescriptions immediately. Rinse with mouthwash twice daily, especially after eating. Brush the remainder of your teeth gently with a soft brush after each meal or snack.

**Pain & Infection:** Take prescribed analgesics within 60 minutes following your surgery. This will allow the medication to take effect before anesthesia wears off. If pain persists, take two extra-strength Tylenol, Advil, Alleve or Nuprin to supplement. Do Not take any analgesics containing aspirin, unless you are specifically instructed to do so by your physician, and your attending dentist is aware of it. Antibiotics should be taken **until completely used**. Directions on prescriptions should be carefully followed and you should contact the doctor if you have any questions. Ask your pharmacist about any common side effects.

**Diet:** Do not eat until numbness is completely gone, but you should drink plenty of cool, clear, nonalcoholic liquids such as water or preferred fruit juices. Milk, and milk products may cause nausea and vomiting for some individuals. **Do Not** use a straw for the first few days. Sip your drinks slowly like wine. Eat light meals for the first 24 hours. **No alcohol or smoking**. If you smoke, you can ask about a Nicotine transdermal patch. Please refrain from probing the extraction sites with your tongue or fingers, this can interfere with the healing process. Please click for post surgery recipes and nutrition guidelines.

**Dentures:** If a denture has been inserted, do not remove it until you have been explicitly instructed to do so.

**General Information:** During the 6 to 8 weeks healing process small fragments of bone may loosen and work upward through the gums. These are not roots and often work themselves out completely. If not, return to this office for removal. There might be a slight temperature elevation for 24 to 48 hours. A slight odor may be expected. A grayish-white appearance of the blood clot is one of the signs of healing. Consistent oral hygiene practice will minimize the healing period.

You may experience muscle cramping in the jaws which will limit how far you can open your mouth. As soon as you feel the cramping setting in, exercise your jaws by trying to slowly open wide. You can gently pry your mouth open with your fingers at first. It may take a few days of exercise to reclaim your ability to open.

**Please Note:** My interest in you does not cease with the completion of the operation. If any questions or difficulty arise at any time, please telephone the office and return for treatment. Also, Please note the possibility of certain drug interactions and/or side effects (ie; most antibiotics may interfere with the effectiveness of birth control pills. If you are currently taking oral contraceptives to prevent pregnancy, please exercise extra precaution while on antibiotics, and the few days following the use of antibiotics)