

### **After Surgical Extraction/Bone Graft/Implant Placement**

The surgical removal of a tooth or bone graft is a serious procedure. Post-operative care is VERY important. Unnecessary pain along with possible complications can be minimized if the instructions are followed carefully. Please call our office 403-209-2299 if you have any questions following your surgery.

### **Pain Management**

It is impossible to “turn off” pain nerve fibers, so it is important to understand that you will have some amount of pain after surgery. You can minimize the discomfort according to your unique needs by following post-surgery instructions. The **Key** to managing post-operative pain is to **Stay Ahead** of the discomfort by starting the pain medication while you are still numb. If you fall behind on pain management by only taking medication when you start to feel pain, more pain medication usually will be needed to decrease the pain, which will increase the negative side effects of the medication(s). Pain and swelling typically increase during the first three days after surgery. Do not be alarmed if you have more discomfort today than the day of the surgery.

The MAXIMUM DOSE of Ibuprofen (Advil) is 3200mg in a 24 hour period

The MAXIMUM DOSE of Tylenol is 4000mg in a 24 hour period

**Our prescription recommendation is: Ibuprofen (Advil) 600mg x1 tabs and Tylenol 500mg x2 tabs taken at the same time (Day 1-2 every 5 hours, Day 3-4 every 6 hours, Day 5-7 every 8 hours)**

***If Tylenol 500mg is not strong enough for pain management, substitute for Tylenol #3 (by prescription) 1-2 tabs as needed***

**Those taking narcotics cannot operate vehicles, machinery, cook, or engage in other physical activity.**

### **Swelling**

Preventing or reducing postoperative swelling is accomplished by cooling down the surgical area(s), keeping the head/shoulders elevated above the heart, and taking Ibuprofen (if you are able). Reducing postoperative swelling will help you recover from surgery faster. Use Icepacks, ice cubes in a plastic bag, or frozen peas for 15 minutes on and 15 minutes off of the jaw where the surgery was performed. Do this for the first 24-48 hours after your surgery. You will have little swelling during the first 24 hours after your surgery. Do not let this fool you into a false sense that there will be no swelling; swelling may increase for the first 3 days following surgery.

The key to preventing swelling is to start icing right after surgery. Not only will these measures reduce swelling, they will also reduce postoperative pain. If your swelling is hard, warm, red and extremely painful please contact emergency services.

### **Bleeding**

After surgery you will not leave the office until the initial clot is formed in the surgical site(s). A slow trickle of blood is normal immediately after surgery and can remain for the first 8 hours or so. For your comfort, you will leave our office with gauze over the extraction site(s). Keep pressure over the extraction site(s) with the gauze that is in the mouth. Take out the gauze after 15-20 minutes. It will be soaked in blood and saliva, this is normal as it can take up to 8 hours for the clot to fully form. Because you are numb you may also have some drooling, expect to see some blood mixed with your saliva.

Any activity of the mouth (talking, eating, spitting, rinsing, etc.) can restart the bleeding by dislodging the clot that is forming. Increased blood pressure may also cause bleeding to begin. If you take blood pressure medications or heart medications, take your usual dose after surgery at the intervals your physician has prescribed. Postoperative pain can increase blood pressure and can cause bleeding. Please follow our prescription pain medication recommendations to reduce pain and postoperative bleeding. ***You must keep firm pressure for 60 minutes after surgery.*** When the gauze is removed you will find it soaked in blood and saliva, a slow trickle of blood is normal at this time, if bleeding continues: remove soaked gauze, place 1 or 2 tea bags over bleeding site (no herbal teas only regular tea), place gauze over tea bags, bite down on gauze and tea bag for another 60 minutes with firm pressure. Normally direct pressure will stop the bleeding, but if excessive bleeding persists please call our office.

### **Eating**

Right after surgery do not eat or drink until you are alert and awake enough not to choke on food or drink. Remove gauze from your mouth before eating or drinking. Do not use a straw to drink for 3 days after surgery. It is very important to be careful when eating or drinking after surgery as you will be numb and could cause injury to your lips, cheeks or tongue. Start with cool liquids, avoid carbonated beverages and anything with small seeds. It is important to get something in your stomach as soon as possible once you get home to reduce the chance of nausea or dehydration.

Continue eating soft foods and liquids until day 7. Continue to avoid sharp, crunchy or chewy foods along with any foods with small seeds until the gums have closed over the surgical site.

### **Activity**

No physical activity for the first and second day after surgery, stay at home and rest. Keep head and shoulders above the level of your heart. You may take a bath or shower but do not make it too long as this will increase swelling. Keep your tongue, fingers etc. away from the surgical site(s). Follow postoperative instructions. Do not engage in sports or other strenuous activities. All patients have different pain tolerances and recovery times after surgery. It is difficult to predict when you will be able to resume normal activity, usually 3-5 days. If you pain is controlled and you can tolerate and normal diet, you may return to normal activity.

### **Rinses**

Part of our healing protocol is to start rinsing the day of surgery, unless specified by the doctor in which case a different rinse regime may be prescribed. We generally prescribe an antibacterial mouth rinse **Peridex**, which includes Chlorohexidine (CHX), along with the recommendation of **tea tree oil**. Our office protocol for rinsing after surgery is as follows: **Peridex rinse 4x/day for 1 week, Tea Tree Oil (20 drops in half a glass of warm water) 4x/day for 1 week then 8x/day for the second week following surgery**

### **Healing of Surgical Sites**

It is common for the extraction site(s) to open up as the sutures begin to weaken. Continue rinsing with tea tree oil to keep the site clean. Clots in the surgical site by this will appear off white or yellow in colour because the saliva has washed away the blood pigments. It will look like a piece of food. DO NOT pick at the surgical site or try to remove these clots. Tea tree oil rinses will help to wash any food debris out of the extraction site.

In some surgical cases we supply a syringe to help with irrigation of the extraction site, **only use this type of irrigation on day 3 following surgery**. After eating fill syringe with warm water, insert tip in to the socket under the gum tissue and flush out any remaining food particles. Repeat as needed to flush everything out. You may notice some bleeding which is normal. Syringe use may be required for 2-3 weeks, or until the extraction site is closed.

If pain worsens after day 5 and pain management is ineffective, you may have developed a dry socket and will need to be seen by our office.

### **Home Hygiene**

PLEASE DO NOT touch or play with the surgical site(s). PLEASE DO NOT allow your tongue to 'investigate' the area, this will cause injury as well as the sutures to loosen. PLEASE DO NOT vigorously rinse your mouth. PLEASE DO NOT spit. PLEASE DO NOT use a straw.

You may brush carefully the day of your surgery. Avoid using an electric toothbrush near surgical area this will reduce the chance of suture rupture.

### **Supervision**

Children need supervision. Adults generally do not need supervision unless taking a narcotic medication every 4 hours. **Those taking narcotics cannot operate vehicles, machinery, cook, or engage in other physical activity.**

### **Numbness**

Numbness from injections can last for multiple days. Swelling and inflammation inside the jaw can also cause numbness. If you are still numb after 3-4 days, call us to schedule a follow up appointment.

***\*\*\*Please call our office and proceed to the nearest Emergency Hospital if you have any of these symptoms during the days following your surgery: bleeding that is profuse and continues despite pressure compress, extreme fever following surgery, swelling that has progressed affecting your ability to breathe or swallow***