

FRIENDLY SMILES DENTAL POST-OP INSTRUCTIONS

1. **ANESTHESIA:** The numbness will begin to wear off in 30 minutes to 4 hours. Until then, avoid all hot foods or liquids, and do not chew. This is to prevent accidentally burning or biting the lips, cheeks, inside of your mouth, or tongue until feeling has returned. ANY CONCERNS ABOUT PROLONGED NUMBNESS, PLEASE CALL OUR OFFICE.

2. **GAUZE PACK:** Fold the gauze into a small pack and place over the extraction site. There should be firm pressure on the extraction site. Maintain firm biting pressure on the gauze for one to two hours. Change the gauze pack every 15-30 minutes.

3. **BLEEDING:** It is normal for the extraction site to bleed slightly or ooze blood for 12 to 24 hours following surgery.

4. **ICE PACK:** For the first 2-8 hours after surgery, ice packs should be applied to the outside of the face over the area of the extraction site. The ice pack should be held in place for 15 minutes or so, and then removed for 15 minutes. This will reduce discomfort and swelling.

5. **MEDICATIONS:** DO NOT TAKE ASPIRIN PRODUCTS due to the possible increase in bleeding potential. If prescription medications were prescribed please follow label instructions carefully. For most extractions, a non-aspirin over the counter pain medication will provide good pain relief. Do not take more than the manufacturer or doctor recommended dosage of any over the counter or prescription medication(s). If you experience any untoward side effects from the medication(s), please discontinue taking them, and call our office. FOR SERIOUS SIDE EFFECTS OR ALLERGIC REACTIONS SEEK MEDICAL CARE IMMEDIATELY.

6. **DIET:** A liquid or soft diet should be adhered to for the first 12-24 hours. It is important to drink plenty of liquids for the first day or two following surgery. Avoid the use of a straw as it may dislodge the blood clot that is forming in the extraction site.

7. **ORAL HYGIENE:** Clean the rest of your mouth as usual, however avoid bumping or brushing the extraction site. Do not spit out. DO NOT RINSE OR SWISH YOUR MOUTH for the first 24 hours following surgery. DO NOT SMOKE for the first 24 hours following surgery.

8. POSSIBLE COMPLICATIONS:

A) **Dry Socket.** This is sometimes a problem after surgery. The symptoms associated with dry socket are constant moderate to severe pain, bad taste, putrid odor, and poor clot formation at the surgical site. IF YOU THINK YOU HAVE ANY OF THESE SYMPTOMS CALL OUR OFFICE IMMEDIATELY.

B) **Fever.** Monitor your temperature for the first 24-48 hours. Any elevated temperature should be reported to our office.

C) **Swelling.** Some swelling during the first 24-48 hours can be expected.

There are a variety of problems that can arise after any surgical procedure. Some may require additional therapy or emergency medical attention. If you have any questions or concerns please call our office.

IMPORTANT:

IF YOU EXPERIENCE ANY SEVERE SWELLING, PROLONGED BLEEDING, SEVERE PROLONGED PAIN, HIGH FEVER, DIZZINESS, ALLERGIC TYPE REACTIONS, ETC. THAT CONCERN YOU, PLEASE CALL US IMMEDIATELY. IN THE EVENT YOU CANNOT REACH US OR WE DO NOT RETURN YOUR CALL WITHIN A REASONABLE TIME –

GO TO THE EMERGENCY ROOM FOR IMMEDIATE MEDICAL ATTENTION.

OFFICE EMERGENCY NUMBER: (703)463-9817

• Reviewed with patient:

Dentist Signature

Patient Signature