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### **Post-op Instructions**

1. While riding home, wear a seat belt. Once you arrive home, a responsible adult should help you get out of the car and help you inside. Lie down with your head slightly elevated until the effects of any sedatives have worn off; this will usually take until the following morning. Do not attempt to get up on your own, even to use the bathroom, until the effects of the sedative have completely worn off.
2. Do not drive a car, operate heavy machinery or care for small children for 24 hours after surgery.
3. Take the prescribed pain medication as soon as possible with something like a milkshake that can be eaten with a spoon so that it is less likely to cause an upset stomach. Take Ibuprofen every 4 hrs on the clock to help relieve pain and swelling. Use the prescribed narcotic (Tylenol 3 or Percocet) as indicated. If the narcotic is causing nausea or vomiting, take an anti-nausea medication (eg. Gravol) about 1 hr before taking the narcotic. If this does not work, contact Dr. Cosman immediately.
4. Restrict your diet to cold liquids until the numbness from your anaesthesia wears off. **DO NOT DRINK WITH A STRAW!** The sucking action may dislodge your blood clot causing a dry socket. You may eat a regular diet once the feeling has returned in your mouth. Soft foods, which may be easily chewed and swallowed, may be preferred as swelling gets worse. Stay away from seeds, nuts, rice, popcorn, etc that can get into extraction sites and cause a problem with healing.
5. If you have any redness or swelling at the IV site, place a warm, moist washcloth over the area for 20 minutes at a time until the redness subsides. If the symptoms last more than 2-3 days, call the office at the number indicated
6. Keep your mouth closed on the gauze packs for at least one hour. There will be some oozing of blood from the extraction sites today and tonight. If there is continued bleeding, fold one of the gauze packs into quarters, moisten it with water, and place it over the area that is bleeding. Close your mouth on the gauze to apply firm pressure. Leave the gauze in place for one hour, then replace as needed. Remember to place the gauze directly over the place from which the tooth was removed. If a wisdom tooth was removed, the pack will be behind your back teeth, not between your teeth.
7. Apply an ice pack to your cheeks for the first 24 hours to help reduce the swelling. The ice pack should be applied intermittently, leaving it on for 20 minutes, and off for 20 minutes. Swelling will usually increase for 2-3 days

- before it begins to go down. Swelling may take 1-2 weeks to completely disappear, and there may be some bruising of the skin, which appears as the swelling lessens.
8. Do not rinse your mouth or brush your teeth today. Do not spit. Rinsing and spitting may dislodge the new blood clots, which have formed in your extraction sites. This may cause excessive bleeding, pain, and delay your healing.
  9. Do not drink any alcoholic beverages for 24 hours after surgery, or at any time while you are taking narcotic medications. Do not smoke for at least 3 days. Smoking will significantly delay healing and increase your pain.
  10. If you had an upper tooth removed, do not blow your nose forcibly today and for the next week. Often there is only a thin membrane which remains between the tooth socket and the sinus, and this may be perforated by blowing your nose forcibly until healing has occurred.
  11. As the extraction sites heal you will probably notice a “hole” which you can feel with your tongue. Tomorrow, begin to brush your teeth normally, taking care not to disturb the surgical sites. Soak your mouth with warm salt water (1/2 teaspoon salt in 1 cup of water) at least after meals and before bedtime until the area has healed. The hole will gradually heal and fill in, so that within approx 2 weeks it will not be noticeable. Until the site completely heals, the teeth next to it will probably be sensitive to hot and cold.
  12. Pain and swelling is usually the worst on the second day after surgery and should gradually decrease. After 72 hours, if the pain has not decreased or should the pain return, this may be a sign of a “dry socket”. Some describe this pain as an earache feeling or throbbing sensation. Please call the office if this should occur.
  13. Sutures (stitches) may have been placed across the extraction sites to hold the gum tissue together and minimize bleeding. These sutures will dissolve by themselves.

If you have any emergency problems or questions please call the office.