



Home care following Oral Surgery is important and recovery may be delayed, if this is neglected. Some swelling, stiffness and discomfort are to be expected after surgery. If this is greater than expected, Please call or return for care. After the surgery. If there is increased swelling, pain, fever, difficulty swallowing or continued inability to open the lower jaw, please call Dr. Ali at the number listed above.

You usually get the maximum swelling at 2-3 days  
After meals, brush everywhere being gentle around the extraction site/s. After meals, use chlorhexidine mouth rinse several times a day to kill bacteria. Do this for one week. Soak the surgical site for 1-2 minutes per application when using chlorhexidine mouth rinse.

**FROM THE SECOND DAY UNTIL HEALING IS COMPLETE**

You may eat soft or regular food, as tolerated. No hard foods for the first 48 hours. Continue with tablets for pain and rest, if needed

**THE DAY OF SURGERY (first 24 hours)**

- Keep head elevated and rest quietly.
- Use an ice bag on the face, if so directed.
- Some oozing of blood and discoloration of saliva is to be expected and is considered normal.
- You may want to use a dark towel over your pillow the first night to help prevent getting any blood on your pillow.
- Take prescribed tablets for pain, or rest, if needed.
- Your jaw may be sore for the first few days
- Do not place cotton gauze into your mouth at all unless specifically instructed to by your dentist. Some patients have been known to accidentally swallow/aspirate cotton gauze into their lungs which can be fatal.
- Brush your teeth immediately within the first 24 hours; however, do not brush the areas where the teeth were removed.
- If bleeding seems excessive, place a moist (not dripping) tea bag on extraction site for 30 minutes and contact the dentist on call.
- Do not eat any hard foods for the first 48 hours.

**Avoid: 48 hours**

- Sucking on the wound
- Spitting
- Using a straw to drink with
- Smoking, dipping or chewing tobacco
- Strenuous exercising
- Rinsing with salt water or mouth washes
- Carbonated drinks
- Alcohol

**IMPORTANT**

Sedation and similar Medications:

If you have been given a sedative or drugs such as as VALIUM OR NARCOTICS, it is essential that you DO NOT DRIVE A CAR OR ENGAGE IN ANY TYPE OF ACTIVITY REQUIRING NORMAL REFLEX REACTION, such as working with power tools, going up and downstairs, working around open flames or a hot plate. Be careful of dizziness-move slowly. Sudden position changes can cause -nausea. DO NOT MAKE IMPORTANT DECISIONS. DO NOT DRINK ALCOHOLIC BEVERAGES combinations of depressant drugs can be fatal. These precautions also apply to prescription in medications. Make sure you know how this medicine affects you before you drive, use machines, or other jobs that could be dangerous if you are not alert and clear-headed. If you have any questions, please call us. If a patient overdosed on narcotics such as Percocet (oxycodone) call 911 and the EMS people will bring a reversal agent called Narcan which will reverse the effects of narcotic overdose instantaneously once injected.

## **Medication for discomfort or pain**

1. Take 400 to 800mg of Advil or Ibuprofen three times (after appointment, before bed & the next morning) as long as:
  - You are not allergic to NSAIDS (i.e. Aspirin, Aleve, Advil, and Ibuprofen)
  - Your health permits and you can take NSAIDS
  - You are not taking medications that require you to take something other than NSAIDS.

### **2. Tylenol**

Only take this if you cannot take Advil and then follow the dosage as described on the bottle. Advil or Ibuprofen relieves pain better than Tylenol after a dental procedure because it reduces inflammation where Tylenol does not.

## **Diet advice following extraction**

### **Solids**

**Ice Cream (No nuts or small candy pieces) Milk Shakes  
(Do Not Use a Straw)**

**Jell-0**

**Pudding**

**Mashed Potatoes and Gravy**

**Macaroni and Cheese**

**Yogurt**

**Liquids**

**Fruit Juices**

**Water**

**Milk**

**Very light warm beverages**

**Gatorade**

**Ensure Nutritional Drink**