

Healthy Smile, Healthy Body

POST-OPERATIVE INSTRUCTIONS FOR TOOTH EXTRACTION

These Instructions will help to make you as comfortable as possible. If you have any question, please do not hesitate to call **Dr. Kharmouche at 703-444-4377 during the day or 703-307-GUMS (4867) after hours.**

Anesthesia: The length of time you experience numbness varies depending on the type of anesthesia you received. While you are numb, be careful not to bite your lip or tongue. The numbness will subside in 2-6 hours.

Bleeding: Your doctor will place gauze in the surgical area to limit bleeding and promote clotting. This gauze pack should be left in place for 30-45 minutes. Bite gently, but do not chew. There may be some mild bleeding or oozing after the gauze is removed until clotting takes place. If it is mild, leave it alone. If the bleeding is heavy, follow these instructions: * fold a piece of gauze into a pad thick enough to bite onto and place it in the surgical site * Apply firm pressure by biting on the pad or on a teabag and maintain this for 30-60 minutes. If the pad becomes soaked, replace it with a new one as needed. Do not play with or suck on the wound. Apply an ice pack to your face. Do not recline horizontally. If the bleeding persists, call Dr. Kharmouche.

The Blood Clot: After surgery, a blood clot forms over the wound. This is normal and important for healing. You should, therefore, avoid any activity that could disturb the clot. Do not smoke, spit, rinse your mouth, or drink through a straw for 24 hours. These activities create suction that could dislodge the clot and delay wound healing. Avoid brushing directly over the surgical site, but do brush everywhere else in your mouth to keep things clean. Gently rinse your mouth afterward.

Medication: We will prescribe medication to control pain and prevent infection, use only as directed. If they appear not to be working, do not increase the dosage! If you have prolonged, severe pain or fever, call immediately.

Swelling: Swelling following periodontal surgery is normal and may continue for several days. However, if fever develops, please call. To help control swelling, an ice pack should be placed on the cheek for 15 minutes on, 10 minutes off, and then repeat for 3-4 hours, the day of the surgery. If swelling continues please apply warm pads to the side on the 2nd day after the surgery.

Eating: Do not drink alcohol while taking pain medication. It is important that you continue to receive proper nourishment. Unless otherwise instructed, it is usually more comfortable to limit the diet to cold, soft food during the first 12-24 hours. A blender or food processor can be very helpful. Highly acidic or seasoned foods can cause burning sensations. It is very important to maintain your normal fluid intake. Resume a balanced, high protein diet as soon as it is comfortable. **DO NOT MISS MEALS OR GET DEHYDRATED.**

Oral Hygiene: Starting the evening of the day of the surgery, brush and floss in all areas except the surgical site, which may be cleaned with warm salt water or with Perio Gard if prescribed, an anti-plaque mouth rinse, rinse 2-3 times a day for 1 minute each time.

Sutures: if you have stitches you will be instructed on when they will be removed.