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General, Reconstructive & Cosmetic Dentistry

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CARE OF MOUTH FOLLOWING EXTRACTIONS AND ORAL SURGERY

1. **Control of Bleeding** – Keep the pressure gauze firmly over the operation site by biting on it for at least 30 minutes. If bleeding continues, place moist gauze sponges over the extraction areas and hold firmly for an additional thirty minutes. Repeat once again if needed. If the bleeding still continues substitute two tea bags for the gauze and place these over the surgical sites and bite down for one hour.
2. **Facial Swelling** – Place cracked ice in a towel or an ice bag to the face over the operated area for 20 minutes or every half hour, while awake, but only for the first day. This is the best way to reduce swelling.
3. **Oral Rinses** – Do not rinse the mouth or spit on the day of surgery. Spitting will cause the bleeding to continue. Gentle rinsing or soaking of the mouth with warm water should begin on the day after surgery. **AVOID VIGOROUS SWISHING!** This should be done after meals and at bedtime. Brushing of the unaffected teeth should be started on the day after surgery. Oral cleanliness is essential to proper healing.
4. **Diet** – You must continue to take nourishment following oral surgery. Do not eat **HOT** food for 24 hours. You may limit yourself to a liquid or soft diet for a few days but you must drink plenty of fluids to prevent fever. Avoid carbonated and alcoholic beverages for 24 hours and do not use a straw for one week as this will disrupt the clot. You should not smoke for three days following oral surgery. You must take at least two glasses of liquid with pain medication.
5. **Pain** – Take the medication as prescribed with two full glasses of liquid. Do not take the pain medication on an empty stomach.
6. **Follow-up Visit** – Return to the office as requested for suture removal and/or examination. Please inform us if you cannot keep your appointment.
7. **Physical Activity** – Avoid strenuous physical activity for 24 hours until all the blood clots are well formed. Strenuous activity will increase your blood pressure and disrupt clot formation.

SPECIAL INSTRUCTIONS

1. **Rest** – Rest in a sitting position and sleep with two pillows for the first day and night. Use an old pillow case in case you drool.
2. **Facial Bruising** – The face may become blue or yellow after several days. This is normal bruising and will disappear in 7-10 days.
3. **Muscle Stiffness** – This is normal after surgery and can be helped by exercising the jaw. Open to two fingers width at least 3-4 times a day.
4. **Numbness** – You may notice persistent numbness following surgery of the mouth. Newer anesthetics can keep you numb and pain free for several hours. If the numbness persists for more than 24 hours please notify us.
5. **Immediate Dentures** – Leave dentures in mouth until your office visit the next day.

**PLEASE CALL DR. BARKER IF YOU HAVE ANY CONCERNS
443-914-2210 Leave name, phone number and a brief message**

These instructions explain the use of medications prescribed for you after surgery.

The duration of the local anesthesia given to you before you left will vary in different people but will probably last several hours. You should have enough time to obtain your prescription medications to alleviate post-operation discomfort.

Even though you will be pain free while the local anesthesia in your mouth starts to disappear, take the medicine as soon as you obtain it from the pharmacy. The following paragraphs detail the various medication(s) you may have been prescribed.

1. **Percocet, Vicodin, Lortab and Tylenol #3** – These are very strong narcotic pain relief medications. They may be used every 3-5 hours as needed for pain. It may be repeated after 60-90 minutes for the first dose only if adequate pain relief is not achieved. Take it with 2 full glasses of water or other liquid. It must not be taken on an empty stomach or vomiting can occur.
2. **Motrin, Advil and Ibuprofen** – This is a very powerful non-narcotic ant-inflammatory pain medication. The strength prescribed for you is 3-4 times more powerful than you can buy without a prescription. Take this medication with at least 2 full glasses of water or other liquid. It can also upset the stomach, similar to aspirin, and should not be taken on an empty stomach.

NOTE: Percocet or Vicodin or Loratab or Tylenol #3 and Motrin or Advil or Ibuprofen may be taken together in the first day after surgery as they work in different areas of the body and enhance each other.

3. **Antibiotics (Penicillin, Erythromycin, Keflex, Etc.)** – These may interfere with birth control pills. If you are using this method of contraception you must use alternative means of birth control. You should discuss this with your physician.

FOLLOW THE INDIVIDUAL INSTRUCTION ON EACH PRESCRIPTION MEDICATION BOTTLE

Additional Notes:

- If you had a lower wisdom tooth removed, a special medicine has been packed in the area to insure healing and prevent dry socket. It will appear spongy and yellow: *do not disturb it.*
- Please remember all pain medication may cause nausea and vomiting. This is not a true allergic reaction. Do Not take pain medication on an empty stomach but Do take them with at least 2 full glasses of water or other liquid.
- If any unusual reactions occur while taking the prescribed medications, please call us.
- **Some people experience drowsiness or other signs of mental depression when using pain relieving medication. If this occurs, you must adjust your activity to compensate by avoiding driving, sitting up slowly after lying down, and avoiding dangerous machinery.**