



## Post Operative Instructions.

### Important Numbers Office: (512) 329-5555 Emergency: (512) 899-3999

**Activity** is not recommended for the next 48 hours. Sleep or sit in a reclined position. Too much activity can cause bleeding. Even though you may feel better than expected due to pain medication and anti-inflammatory drugs, remain quiet to ensure proper healing. Do not lift anything heavy. Do not lean over and do not run or exercise. Try to remain calm and peaceful. Strenuous laughing or sobbing can slow the healing process.

**Bleeding** can be lessened by applying pressure to the surgical site. Use a wet gauze pack to place pressure on the site. Limit unnecessary talking until bleeding stops completely. Do not eat, drink, spit, or swish water around your mouth until the bleeding has stopped. Do not drink through a straw until the bleeding has stopped. Do not smoke for 48 hours following surgery. These activities may prolong the bleeding and/or result in longer and more painful healing due to the formation of a "dry socket." Change the gauze pack(s) every 45 minutes until the bleeding has stopped. If the bleeding has not stopped after 6 - 8 hours, moisten a tea bag with lukewarm water and apply it to the surgical site. Minor bleeding can sometimes continue up to 24 hours.

**Swelling** occurs due to the collection of fluids in the surgical area and is a normal part of the healing process. Immediately apply an ice pack to the outside of the cheek of the surgical area to minimize swelling and reduce discomfort. Apply the ice pack in intervals (10 minutes on, 2 minutes off) for the first four hours after surgery. Discontinue the ice pack after 4 hours and apply heat to the area to reduce discomfort and accelerate healing.

**Eat** a soft, liquid diet for the first 48-hours after surgery. Do not eat anything until the bleeding has stopped. Limit sugar intake ( including sugary drinks). Sugar slows the healing process. After eating, clean the surgical area as well as possible. You can start brushing and flossing the day after the surgery. Avoid the extraction area, but clean everything else thoroughly. Rinsing with lukewarm salt water (1 tsp. of salt to 1 cup of lukewarm water) is recommended. Do not gargle. Do not rinse or poke the surgical site unnecessarily.

**Medication** is prescribed to reduce the possibility of problems. Dr. Gotun prescribes antibiotics and pain medication as needed. Always finish your antibiotic prescription. Take every pill in the bottle. If you itch or develop a rash, call Dr. Gotun. If you develop problems breathing, call 911 immediately. Pain medication will minimize your pain but may not eliminate it. Take pain medication only as prescribed. Do not drive, operate machinery or operate heavy equipment while taking pain medication. Pain medication alters your consciousness, sometimes noticeably and sometimes not but you are legally drunk.

**Healing** will continue for 6 months to 1 year. Dental surgery is considered minor surgery. We will inform you if your case is more complex. You can expect swelling for 3 to 4 days after surgery and continuing discomfort for the first week. Irritation and awareness of the remaining socket should disappear after 2 to 3 weeks. Initial healing of the soft tissue takes about 3 weeks. The socket at extraction sites will fill in with tissue in 4 to 6 weeks. Final bone formation takes from 6 months to one year.

**Small bony pieces** sometimes appear 3 months after teeth have been extracted. These are not roots, but loose bony particles rejected by the body as foreign objects. You may notice a sharp projection with your tongue and the area may be a little sore. The object will usually dislodge and disappear during the healing process. If it does not dislodge, contact our office for removal.

**If you follow these instructions, the healing will be easy and fast. If you do not, the result may be undesired complications. The first 48 hours are crucial. You will feel better than you really are due to the medication we will give you during the procedure and the medication you will be taking afterwards and you may feel the urge to resume normal life right away. Avoid doing that. Stay in bed and rest. Please call us with any questions.**