

Kevin M. Patterson, DDS, MD • Juliana DiPasquale DMD

Post-Operative Instructions: Tooth Removal

Bleeding and Overall Care –

- Bite firmly on the gauze anywhere between 1-4 hours post-surgery. Gauze may be changed every 30-45 minutes. Once bleeding has decreased, gauze should be removed. Oozing may continue but you should not use the gauze after this time.
- If bleeding does not decrease after the first 2 hours you may place a moist teabag over the site and apply pressure for 30 min to 1 hour.
- Keep your head elevated and try not to disturb the surgical site.
- Do not rinse, chew or spit for the first 24 hours.
- Do not use straws until your follow-up appointment.
- You may brush your teeth as usual but be gentle around the surgical site.
- On the day after the surgery **gently** rinse your mouth with a warm salt water solution (1/4 t in 1/2 glass of warm water) after each meal and at bedtime. If a mouthwash has been prescribed for you, rinse 2 times a day for 60 seconds. Continue rinsing until your post-operative appointment.
- If you wear an orthodontic retainer, TMJ splint, or other removable device you may begin wearing it 24 hours after your surgery. If you experience discomfort, remove and try again the following day.
- Limit your physical activity for the next few days

Pain Meds –

- You may take your first dose 3-4 hours after surgery or before the anesthesia wears off.
- Please take your pain meds as directed
- Do not take your pain meds on an empty stomach
- Do not drive or operate machinery while taking pain meds
- You may alternate your pain medication with 1-2 Advil/Ibuprofen
- On the second day if your pain medicine is too strong you may break in 1/2 or move straight to Advil or Tylenol. **Do not take any Tylenol if you are still taking the prescription medication.**

Ice Packs/Heat –

- If you were given Ice packs, please apply the ice to the jaw in 20-minute cycles throughout the day for the first 2-3 days (20 min on and 20 minutes off).
- Moist heat may be applied on the 4th day to decrease swelling and improve jaw motion.

Diet –

- On the day of the surgery eat either a liquid or soft food diet. Avoid foods that contain seeds.
- Stay on a softer diet for the few days then resume a normal diet as tolerated.
- Please refrain from using tobacco, alcohol and carbonated beverages.

If you have any questions or concerns please call our office at 303-321-0333.

Post-Operative Appointment: _____ Glendale Littleton
Date Time