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INSTRUCTIONS FOR REMOVAL OF TEETH

1. **GAUZE PACKS AND BLEEDING:** A certain amount of bleeding is to be expected following surgery. Gauze packs were placed after your surgery to put gentle pressure directly over the surgical site to stop bleeding and allow a clot to form. These packs should be removed approximately ½ hour after leaving the office. If bleeding persists, place a gauze pack (folded into a one-inch square) **DIRECTLY OVER THE BLEEDING AREA AND BITE DOWN FIRMLY**. If this does not stop the bleeding, check to make sure the gauze is positioned correctly. Leave the pack in place for one hour before removing. Repeat as necessary with gauze or wet tea bags. If a large blood clot is visible, sweep this away with your finger wrapped in gauze before placing a new pack. Sitting up will reduce the bleeding tendency.
2. **MEDICATIONS:** Have all prescriptions filled immediately. Use prescribed analgesics (pain medication) only as necessary. Aspirin or other mild analgesics should preferably be used if they bring adequate relief. All pain medications should be taken with milk or after eating to avoid stomach upset. Avoid driving and operating machinery while taking pain medications. Antibiotic prescriptions should be taken until finished.
3. **SWELLING:** Swelling may occur (particularly after removal of impacted teeth) and increase over several days. Ice packs applied to the cheeks during the first 12 hours may reduce postoperative swelling. Apply ice packs for 20 minutes on/20 minutes off. If you have been prescribed medication to reduce swelling, take as directed.
- 4) **DIET:** Your diet should initially consist of soft, cool foods such as yogurt, pudding or milk shakes. Avoid the use of straws as the suction may cause oozing. Warm, soft foods can be eaten as desired starting 6-12 hours after surgery, provided that bleeding has ceased. Avoid hot beverages until the 2nd or 3rd day following surgery.
- 5) **ORAL HYGIENE;** Vigorous mouth rinsing may disturb the blood clot and stimulate bleeding,. Therefore, **DO NOT RINSE** the mouth for at least 12 hours following the extraction. You may then gently rinse with 1/4 teaspoon of salt to an 8 ounce glass of warm water 3-4 times a day for the next few days. The teeth should be brushed. Excellent oral hygiene will reduce the possibility of post-operative infection. Lips should be kept moist with ointment.
- 6) **GENERAL OBSERVATIONS:** There may be a slight elevation of temperature for 24-48 hours. If the elevated temperature continues, drink plenty of fluids and notify the office. You may have a slight earache or sore throat for several days. Teeth adjacent to the surgery site may ache temporarily. Bruising of the cheeks may occur.
- 7) **SMOKING; DO NOT SMOKE** for a period of one week following surgery. Smoking delays healing and increases post-operative pain.