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POST EXTRACTION INSTRUCTIONS

THE FIRST FEW HOURS: Bite down gently but firmly on the gauze that has been placed over the surgical area, making sure it remains in place. Do not change the gauze for the first hour unless the bleeding is not controlled. The gauze may be gently removed after one hour. If active bleeding persists, place enough new gauze to obtain pressure over the surgical site for another 30 to 60 minutes. The gauze may then be changed as necessary (typically every 30 to 45 minutes). It is best to moisten the gauze with tap water and loosely fluff it for more comfortable positioning.

WOUND CARE: A good blood clot will help healing. Do not disturb the surgical area today. Do not rinse or swish your mouth for the first 24 hours following surgery. You may brush your teeth gently, avoiding the surgical area. Avoid vigorous exercise for the first several days. If you smoke, please do not smoke for at least 48 hours, since this is detrimental to healing and may cause a dry socket. Avoid alcohol for the next several days.

OOZING: Intermittent bleeding or oozing overnight is normal. This may be controlled by placing fresh gauze over the area and biting on the gauze for 30-45 minutes at a time.

PERSISTENT BLEEDING: Bleeding should never be severe. If so, it usually means that the gauze is being clenched between the teeth only and the gauze is not exerting pressure on the surgical area. Try repositioning the gauze. If bleeding persists or becomes heavy, you may substitute a warm tea bag in place of the gauze for 20 to 30 minutes. If bleeding remains uncontrolled, please call our office.

SWELLING: Oral surgery is often associated with post-operative swelling. It can be minimized by using a cold pack, ice bag or a bag of frozen peas wrapped in a towel and applied to the outside of the face over the area of the extraction site. The ice pack should be held in place for 15 minutes or so, and then removed for 15 minutes. Do this for the first 2-8 hours after surgery. This will help reduce discomfort and swelling.

MEDICATIONS: DO NOT TAKE ASPIRIN PRODUCTS due to the possible increase in bleeding. If prescription medications were prescribed, please follow the label instructions carefully. For most extractions, a non-aspirin over the counter pain medication will provide good pain relief. Do not take more than the manufacturer or doctor recommended dosage of any over the counter or prescription medications. If you experience any unusual side effects from the medication(s), please discontinue use of the medication(s) and call our office. FOR SERIOUS SIDE EFFECTS OR ALLERGIC REACTIONS SEEK MEDICAL CARE IMMEDIATELY.

DIET: Eat any nourishing food that can be taken with comfort. Avoid extremely hot or cold foods. Do not use a straw for the first few days after surgery. It is usually advisable to confine the first day's intake to liquids or soft foods (soup, pudding, yogurt, fruit shake, etc.). Avoid hard foods, which could get lodged in the socket area. Over the next several days you may gradually progress to solid foods. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

HEALING: Normal healing after tooth extractions should be as follows:

The first two days after surgery are generally the most uncomfortable and there is usually some swelling and/or bruising in the affected area.

On the third day, you should be more comfortable and, although still swollen, can usually begin to consume a more substantial diet.

During the remainder of the post-operative course, you should see a gradual, steady improvement. If you don't see continued improvement, please call our office.

POSSIBLE COMPLICATIONS:

- A) Dry Socket: This is sometimes a problem after surgery. The symptoms associated with dry socket are constant moderate to severe pain, bad taste, putrid odor, and poor clot formation at the surgical site. While this process is self-limiting, it can be uncomfortable. Please call our office as soon as possible so we can treat and relieve your pain.
- B) Fever: Monitor your temperature for the first 24-48 hours. Any elevated temperature should be reported to our office.

There are a variety of problems that can arise after any surgical procedure. Some may require additional therapy or emergency medical attention. If you have any questions or concerns, please call our office at **(916) 483-3417**.

IMPORTANT:

IF YOU EXPERIENCE ANY SEVERE SWELLING, PROLONGED BLEEDING, SEVERE PROLONGED PAIN, HIGH FEVER, DIZZINESS, OR ALLERGIC TYPE REACTIONS THAT CONCERN YOU, PLEASE CALL US IMMEDIATELY. IN THE EVENT YOU CANNOT REACH US OR WE DO NOT RETURN YOUR CALL WITHIN A REASONABLE TIME – GO TO THE EMERGENCY ROOM FOR IMMEDIATE MEDICAL ATTENTION.

Remember, you just had a surgical operation. Be kind to yourself.

It is our desire that your recovery is as smooth and pleasant as possible. Following these simple instructions will assist you in your recovery, but if you have any questions about your progress, please call our office at **(916) 483-3417**.