

Post-Op Instructions for Removal of Erupted Teeth

Please follow the list below in detail to assure a quick recovery:

1. Bite on gauze placed in the mouth for 40 minutes. Do not chew on it. After 40 minutes, you can remove gauze and replace with fresh gauze. Repeat this procedure until significant bleeding stops.
2. Do NOT rinse, spit, or use a straw for 24 hours after the surgery. Starting the next day you should rinse gently several times a day after meals with warm salt water (a pinch of salt in a 2oz of water). You may also begin using Peridex mouth rinse, if prescribed, at that time.
3. Apply an ice bag to the side of your face for 8 hours after the surgery- 30 minutes on and 30 minutes off. Keep your head elevated with two pillows until the next day. After the 2-3 days, use moist heat on your face as needed.
4. Soft foods for 1 day after surgery and then you may advance to more solid foods. Avoid alcoholic beverages the day and night of your surgery. It is important that you take nourishment, try not to miss a meal.
5. You may take 600mg of Ibuprofen 4 times per day, in addition to your prescribed pain pills. You may take 2 Tylenol (650mg Acetaminophen) instead of prescribed pain pills if you choose.
6. Take prescribed medication as directed. Warning: certain pain medications will cause drowsiness. Therefore, do not drive or expose yourself to dangers while taking them.

The Following Conditions may occur:

1. The wound may “ooze” or bleed slightly for one to two days after surgery – this is normal. Excess saliva and a small amount of blood may appear to be a lot of blood. If excessive bleeding persists, please call us.
2. The area operated on may swell and become quite large. This is also normal and will begin to decrease after 4-5 days.
3. Stiffness of the jaw is nature’s way of resting an area of the body that needs to be repaired after surgery. This stiffness will relax after 5-6 days.
4. Discoloration of the face is caused by natural seepage of blood and fluid into tissues during the surgery. These yellow or blue areas will appear gradually and disappear slowly also.
5. Small bone fragments that sometimes appear will slowly work their way out of the gum tissue as the tissue heals.
6. Numbness of the lower lip and/or tongue will sometimes occur after the surgery. This usually disappears in a few days to a few months.
7. A void where the tooth once rested is normal and should be kept as clean as possible beginning the day AFTER surgery with salt water rinses. It will gradually fill in.
8. Moderate to severe pain should be expected. Use the prescribed medicine to counteract this discomfort.
9. There may be a slight elevation in temperature (fever) for 24-48 hours after surgery. If the fever continues, or goes higher than 101 degrees, please call us.