



DENTAL SURGEONS & IMPLANT CENTERS OF FALL RIVER, DARTMOUTH, AND MIDDLEBORO

PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense often dictates what you should do. However, when in doubt follow these guideline or call our office for clarification.

Our numbers are:	Fall River	508-672-1069
	North Dartmouth	508-992-0339
	Middleboro	508-947-8452

DAY OF SURGERY

FIRST HOUR: Bite down firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Do not change them for the first hour. The packs may be changed after one hour. Replace gauze over the site for another hour. The gauze may then be changed as necessary. Moisten the gauze with cold tap water. Resting with upper body elevated (recliner) and applying ice packs to the face will also help to control the bleeding. It is not necessary to keep gauze in place overnight.

DO NOT RINSE ON THE FIRST DAY

EXERCISE CARE: Do not disturb the surgical area today. Do NOT rinse vigorously or probe the area with any objects. You may brush your teeth gently at the end of the day. PLEASE DO NOT SMOKE for at least 48 hours, since this is very detrimental to healing and may cause a dry socket. Do not drive for 24 hours after general anesthesia, or while taking narcotic pain medication.

PERSISTENT BLEEDING: Bleeding should never be severe. If so, it usually means that the packs are being clenched between teeth only and are not exerting pressure on the surgical areas. Try repositioning the packs. If bleeding persists you may replace the gauze with a damp tea bag. This helps the blood to clot. If bleeding remains uncontrolled please call our office.

SWELLING: Swelling is often associated with oral surgery. It can be minimized by using a cold pack, ice bag or a bag of frozen peas wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. This should be applied 20 minutes on an 20 minutes off during the first 24 hours after surgery. If you have been prescribed medicine for the control of swelling, be sure to take it as directed and still use ice as above.

PAIN: Unfortunately most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication. You should take the first pill before the anesthetic wears off for better comfort. The effects of pain medications vary widely among individual. If you do not achieve adequate relief at first, you may supplement each pain pill with an analgesic such as Tylenol or Ibuprofen. Remember that the most severe pain is usually within six hours after the local anesthetic wears off; after that your need for medicine should lessen.

NAUSEA: Nausea may occur after surgery. Sometimes pain medications are the cause. Nausea can be reduced by preceding each pain pill with a small amount of soft food, and taking the pill with a glass of water. Try to keep taking clear fluids and minimize dosing of pain medications, but call us if you do not feel better.

STITCHES: Most stitches used are dissolvable and will fall out in 1-7 days after surgery. The faster you heal, the faster they will fall out.

DIET: Start with clear cool liquids. Avoid extremely hot foods and carbonated beverages. Do not use a straw the day of surgery. It is sometimes advisable to confine the first day's intake to liquids or pureed foods (soups, Jell-O, slushy drinks, applesauce, pastas, etc.) it is best to avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the socket areas. Over the next several days you may gradually progress to solid foods. It is important not to skip meals! If you take nourishment regularly you will feel better, gain strength, have less discomfort and heal faster. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor. Also best to avoid milky creamy products for 24 hours post surgery such as yogurt, ice cream, milk shakes, pudding, and smoothies)

SHARP EDGES: If you feel something hard or sharp edges in the surgical areas, it is likely you are feeling the bony walls which once supported the extracted teeth. Occasionally small slivers of bone may work themselves out during the following week or so. If they cause concern or discomfort, please call the office.

INSTRUCTIONS FOR THE SECOND AND THIRD DAYS

MOUTH RINSES: Keeping your mouth clean after surgery is essential. Use ¼ teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse the areas. Repeat as often as you like, but at least two or three times daily. Avoid mouthwash (Scope, Listerine, etc.) for 5 days.

BRUSHING: Begin your normal oral hygiene routine soon after surgery. Soreness and swelling may not permit vigorous brushing, so progress as comfort allows.

HEALING: Normal healing after tooth extraction should be as follows: The first two days after surgery are generally the most uncomfortable and there is usually some swelling. On the third day you should be more comfortable and, although still swollen, can usually begin a more substantial diet. The remainder of the post-operative course should be gradual, steady improvement. If you are given a plastic irrigating syringe, DO NOT use it for the first five days. Then use it daily according to the instructions until you are certain the tooth socket has closed completely and there is no chance of any food particles lodging in the socket.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office. Please do not miss any follow-up appointments given. Calling during office hours will allow a faster response to your question or concern. Our office hours are Monday through Friday 7:30am – 5:00 pm.

The after hour's number for Dr. John Marshall is 774-644-1321.

The after hour's number for Dr. Mark Milano is 774-644-0311.

The after hour's number for Dr. Alireza Ashrafi 617-838-7100.

The after hour's number for Dr. Kate Crowley is 617-293-1960.