



Dental Extraction Post-Operative Instructions

Please call or text (preferred) Dr. Harry Golnazarian directly at (857) 217-0233 if you have any questions, concerns or issues!

Please follow the instructions below to reduce the chances of complications:

Anesthesia: If you had your procedure under IV sedation, it is important that someone remains close to you until the medication wears off. This may take up to 24 hours. The medication may decrease the frequency of breathing and lower your blood pressure. You should always have someone to help you when getting up or going to the bathroom. In addition, someone should be monitoring you while you sleep. Your mouth and tongue will be numb. Be careful not to cause trauma to these areas.

Pain: You may experience some discomfort after your procedure. A local anesthetic will be given but this will only last 1-4 hours. If you were prescribed an anti-inflammatory medication (usually Ibuprofen), take it as soon as you get home, so you will have some pain medication in your system once the anesthetic wears off. If you were prescribed narcotic pain medication, use it as instructed for severe pain. If you have a history of obstructive sleep apnea, minimize the amount of narcotic pain medication taken, make sure someone is with you, and you must use your CPAP or home oxygen. People with this disorder have a lower respiratory drive and narcotic pain medication can exacerbate this leading to death.

People experience pain differently and it is hard to predict how long you may experience discomfort. If you have worsening pain five days after surgery, please contact your oral surgeon.

Swelling: It is normal to swell after having surgery. The degree of swelling varies between people and the type of surgery. If you have your third molars (wisdom teeth) removed, expect significant swelling. Swelling usually worsens and peaks on the third day. In addition, it is recommended to take your prescribed anti-inflammatory medication (usually Ibuprofen) every 6 hours for the first 3 days if there are no contraindications such as allergies or history of gastrointestinal bleeds or ulcers. If you experience hives or rash, stop taking the medication and contact your oral surgeon. To also reduce swelling, place an ice

pack over the surgical area for 20 minutes on, and then off for 20 minutes as frequently as possible for the first 24 hours.

Bleeding: It is important to apply pressure over the surgical site to reduce and stop bleeding. You will be given gauze before leaving the office. Roll the gauze, place it over the surgical site and apply pressure by biting down for 30-60 minutes. Change the gauze if you continue to bleed bright red blood. It is normal to change the gauze several times and have mild oozing. If you continue to have significant amounts of bleeding after the several gauze changes, wrap a moist tea bag around a piece of gauze and apply pressure. This releases tannins which have been shown to reduce bleeding. If bleeding continues, contact your oral surgeon immediately.

Infection: There is a low risk of getting an infection from extraction of teeth. If you were prescribed an antibiotic medication, take it as instructed until finished. It is not unusual to have a fever for the first 48 hours known as post-operative fever. Taking your anti-inflammatory medication (usually Ibuprofen) will reduce the discomfort of fever. Most infections do not occur until 3 days after the surgery. If you experience persistent fevers, increase in swelling after 3 days, or your symptoms are not improving, please contact your oral surgeon.

If you had an upper back tooth removed or a procedure completed that was near the maxillary sinus, you need to be on sinus precautions. That means sneezing with your mouth open and no nose blowing until you fully heal.

DO NOT SMOKE, DRINK THROUGH STRAW, OR SPIT: The early process of healing requires the formation of a blood clot. The above actions can dislodge or prevent the formation of an adequate blood clot which will reduce healing or cause a dry socket.

STOP TAKING THE MEDICATION IF YOU ARE EXPERIENCING DIFFICULTY BREATHING, HIVES, RASHES, OR PERSISTENT NAUSEA AND VOMITING. PLEASE CALL YOUR ORAL SURGEON.

Diet: It is important that you eat after surgery to help your body heal and reduce the chances of nausea. Start with liquids or a milk shake. If you can tolerate this, then you can advance to a soft food diet such as eggs, mashed potato, or warm soup. Drink plenty of water. Avoid anything crunchy, hot, or spicy. Most people can resume their normal diet by day 5 after surgery. If your wisdom teeth were deeply impacted, you may be instructed to continue with a soft/non-chew diet for several weeks to reduce the chances of fracturing your lower jaw.

Oral Hygiene: Do not brush your teeth or use mouthwash on the day of surgery. You may resume brushing the following day, but do not brush around the surgery area until fully healed. You may gently rinse your mouth with an alcohol-free mouthwash.

If you were prescribed Chlorhexidine/Peridex mouthwash (blue rinse), use it as instructed. If not, gently rinse your mouth with 1 tablespoon of salt and a cup of water twice a day for the first 7 days. Do not spit the water out; let it gently pour from your mouth. If you do not have salt, water is okay.

On day five after surgery, you may gently start to irrigate the extraction site with salt water or water, using a syringe to remove food debris after each meal. Hold the tip of the syringe above the extraction site and irrigate it. Do not insert the tip of the syringe into the extraction site.

Nausea: Some people may experience some nausea or vomiting after surgery. This is usually either due to some blood that was swallowed or narcotic pain medication. We recommend taking your medication with food.

Your lips may get dry or cracked after the surgery. Try to keep your lips moist and use Vaseline or other lip ointments as needed.

For females on birth control medication, if you are prescribed any antibiotics, please use alternative methods of contraception until your next menstrual cycle. Antibiotics may interfere with your birth control medication.

You may have sutures in your mouth. These usually dissolve and fall off in 3-10 days.

You may experience small bone spicules coming out of your gums. Normally, these tiny spicules are absorbed by the body. In some cases, however, your body might shed them instead. Do not be alarmed.

Thank you for choosing us for your procedure. We hope you had a pleasant experience. If there are any questions or concerns, please call or text (preferred) **Dr. Golnazarian at (857) 217-0233**. If you are experiencing a life-threatening emergency, call 911 or go directly to the emergency department of the nearest hospital.

Elite Oral Surgery Associates
10 Winthrop St #214-216, Worcester, MA 01604