



INSTRUCTIONS FOR AFTER EXTRACTIONS

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Everyone will have some, or all of the following symptoms: **bleeding, swelling, discomfort and bruising**. It is hard to predict to what degree you may experience these symptoms. They usually peak by the 3rd day and then begin to decrease. Adhering to the instructions below will help to optimize your healing.

THINGS TO DO

BLEEDING: After surgery, maintain firm biting pressure on gauze for at least 1-2 hours as this will help minimize bleeding. For at least the first 72 hours elevate your head whenever you lie down.

SWELLING: It is usually in proportion to the surgery involved. However, it may be minimized by the immediate use of ice or cold packs applied to the face over the surgical site. Place the pack on your face wrapped in at least one layer of towel for 10 minutes and then remove for 10 minutes. Repeat this procedure for the first 24-36 hours after surgery.

DIET: Within the first 24 hours after surgery, food and drink should be cool or cold. For the first week soft foods are recommended so that the surgical wound will not be traumatized. A nutritious diet throughout your healing stage is very important for your comfort, temperament, and healing. Avoid alcoholic beverages when taking prescribed medications.

MEDICATIONS: Before the anesthetic wears off, eat something soft and take a pain pill. It is essential to take all medications as directed. Should nausea or vomiting occur, stopping the prescribed pain medication and using Tylenol or Advil may help. If you develop a rash, itching or other unusual reactions, stop taking your medication and notify the office.

WEARING YOUR FLIPPER OR DENTURE: If you wear a removable prosthesis follow the specific instructions given to you at surgery. Typically you may wear your prosthesis 24 hours a day for the first 3 days as it has been relieved or relined with a soft material. If you leave it out for an extended time during the first 3 days the swelling may prevent you from re-inserting it. After 3 days, once the swelling has started to go down it is optimal to leave your prosthesis out at night and for periods during the day, if possible.

ORAL HYGIENE: Do not rinse your mouth for 24 hours after surgery. After 24 hours cautiously brush the teeth not in the area of surgery and gently rinse after each intake of food and before retiring. It is extremely important to keep your mouth clean for faster healing. Begin gentle rinsing with the prescribed oral rinse (Chlorhexidine), 24 hours after surgery.

THINGS NOT TO DO

AVOID SMOKING, SPITTING, VIGOROUS RINSING, HOT BEVERAGES, AND DRINKING WITH A STRAW for the first week after surgery. These actions may stimulate bleeding or dislodge the blood clot.

AVOID PHYSICAL ACTIVITY for at least 72 hours. This includes heavy lifting, elevating your heart rate or lowering your head below your knees. Physical activity may cause a renewal of bleeding, or increased swelling. Slowly work your way back into normal activities after a minimum of 3 days of inactivity. If you have swelling, you should wait until it has gone down to initiate physical activity.

Be sure to call the office if you have any questions or concerns. If you believe you have an emergency situation at any time, call the office at (503) 224-3853 or Dr. Haghghat's cell phone at (503) 358-2605.