



Drs. Donlevy, Estess and Lohiya

Oral and Maxillofacial Surgery • Dental Implants

SOUTH BAY

1072 Aviation Boulevard
Hermosa Beach, CA 90254
(310) 318-3333
Fax (310) 798-2566

WESTCHESTER

8540 S. Sepulveda Blvd., Ste. 709
Los Angeles, CA 90045
(310) 337-0007
Fax (310) 337-9657

CULVER CITY

10100 Culver Blvd., Ste. C
Culver City, CA 90232
(310) 559-9490
Fax (310) 559-3083

POST-OPERATIVE INSTRUCTIONS FOLLOWING REMOVAL OF TEETH

Postoperative care after teeth extractions is very important and should be adhered to carefully to minimize unnecessary pain and/or complications.

BLEEDING: Bleeding from the surgical area can be expected throughout the day following the completion of the procedure. Gauze pads should be moistened with cold water, placed over the extraction site, and replaced every 30 minutes until only a slight oozing from the area is noticed. If bleeding continues, then a moistened black tea bag can be placed over the extraction site until the bleeding subsides. It is normal to have a red tinge to your saliva for 1-2 days after surgery.

SWELLING: Postoperative swelling is to be expected after a surgical procedure, and usually correlates with the amount of surgery involved. Swelling usually becomes apparent the day after the procedure and will peak on postoperative day 3. Postoperative swelling can sometimes cause stiffness of the jaw muscles resulting in difficulty opening your mouth fully for 7-10 days after surgery. This will usually resolve with time as the swelling subsides. Swelling can be minimized by using ice packs consistently on the side of the face where the surgery was performed, 30 minutes on and 10 minutes off for the first 24 hours. After 24 hours, ice application is primarily used for comfort rather than for reduction of swelling. If there is no medical contraindication, then taking Ibuprofen (Advil or Motrin) will also help to minimize postoperative swelling.

PAIN: The key with postoperative pain control is to stay ahead of the pain. Pain medication should be taken BEFORE the numbness has worn off and ideally should be taken with food. If there is no medical contraindication, then adults may take up to 600mg of Ibuprofen every 6 hours to reduce postoperative pain and swelling. If this is not sufficient to control pain, then prescription pain medication or Acetaminophen (Tylenol) can be taken in addition to the Ibuprofen. Please take all pain medications as prescribed. While taking narcotic pain medication, it is important to not drive a car or operate heavy machinery.

DIET: A soft diet is recommended on the day of surgery (yogurt, milkshakes, ice cream, mashed potatoes, cold soups, etc.). While the surgical sites are still numb, it is especially important to take care while eating to avoid accidentally biting your lip or tongue. It is recommended to eat cold or room temperature food items on the day of surgery, and then advance to all temperature foods the following day. Straws should be avoided for 7 days after surgery to avoid disrupting the blood clot. It is okay to resume a more normal diet after 4-5 days, if you feel comfortable.

NAUSEA: If experiencing nausea or vomiting after surgery, then please do not take anything by mouth for at least one hour, including any prescribed pain medication. Small amounts of carbonated beverages (ginger ale, soda, etc.) can be sipped slowly over a 15-minute period to alleviate nausea. When the nausea subsides, then you may resume your diet and pain medication regimen. If nausea symptoms persist for over 6 hours, then please call the office to inform your doctor.

ORAL HYGIENE: Excellent oral hygiene habits are important to maintain after surgery. Please **DO NOT** brush your teeth the night of surgery, but it is okay to resume toothbrushing the following morning. Vigorous mouth rinsing should be avoided completely on the day of surgery and for the few days following the procedure. However, gentle rinsing with warm saltwater or a prescribed antibacterial mouthwash can begin the day after the procedure, typically 2-3 times per day for 7 days. Avoid any other over-the-counter mouthwashes that contain alcohol during this time. Smoking should also be avoided postoperatively for 1-2 weeks.

MEDICATIONS: It is very important to adhere to the written directions for all medications prescribed by your doctor. If you are prescribed an antibiotic, then the antibiotic should be taken as prescribed until the medication is all gone. Please discontinue any antibiotic use if you develop a rash, severe diarrhea, or any other adverse reactions and then call the office to inform your doctor. Pain medications should be used as needed. If there is no medical contraindication, then Ibuprofen and Acetaminophen can be alternated to allow for a steady state of pain control. Narcotic pain medication should be used, as needed, for breakthrough pain.

If you have any questions or concerns regarding your postoperative care, then please call our office during our office hours or the doctor on-call after office hours and on weekends. Each office phone number is linked to our on-call service and our doctors will be paged if there are any urgent concerns.