

POST-OPERATIVE INSTRUCTIONS FOLLOWING DENTAL ANESTHESIA/ SURGERY

****The best post-op instructions are on our website (www.riderdds.com). Watch all 7 post-op videos.****

THINGS TO EXPECT:

- Bleeding:** Mild bleeding or "oozing" is normal for the first 12-24 hours following surgery (see Chapter 1 Video).
- Swelling:** Swelling is normal following a surgical procedure. It should reach its maximum on post-op day 4 and should begin to diminish by the sixth post-op day, gradually decreasing each day thereafter (see Chapter 2 Video).
- Numbness:** Long-acting anesthetic may have been used during your surgery. If numbness of lip, chin, or tongue persists for longer than 24 hours, please contact Dr. Rider.
- Discomfort:** Most post-op pain can be relieved by taking one prescribed 600 mg Ibuprofen together with two 500 mg tablets of extra-strength Tylenol every 4 hours. **NOTES:** if prescribed an antibiotic, please take with the Ibuprofen/Tylenol combination. Do NOT take more than 3200 mg Ibuprofen or 4000 mg Tylenol per day.

THINGS TO DO IMMEDIATELY FOLLOWING SURGERY:

- Bleeding:** Place gauze over extraction sites and maintain pressure by biting until the bleeding has stopped. Repeat as needed. Keep head elevated, and rest. Do not suck or spit excessively. Also, please refrain from blowing into musical instruments. Do not sleep with gauze in your mouth (see Chapter 1 Video). **NOTE:** Some "oozing" and discoloration of saliva is normal. If bleeding persists, replace the gauze with a clean, folded gauze placed over the extraction site, and maintain the pressure until the bleeding stops.
- Swelling:** Use ice packs for 48-72 hours after surgery—10-15 minutes per side, every 3 hours. Then, switch to heat after 72 hours for 1-2 days.
- Smoking:** Avoid smoking for several weeks during the healing period, as smoking will make the pain much worse and will increase all post-op problems.
- Discomfort:** Most post-op pain can be relieved by taking the prescribed Ibuprofen, together with 1000 mg extra-strength Tylenol every 4 hours. Please start this combination approximately 4 hours after your surgery.
- Diet:** A nutritious liquid diet, or a diet of foods that easily dissolve (e.g., mashed potatoes/gravy, yogurt, Jell-O, pudding, smoothies), will be ideal for the first week after surgery. Healing will occur in weekly increments; therefore, it is best to gradually (in weekly increments) return the diet and/or other mouth/oral activities back to normal. The number one reason for increased pain and swelling is having food stuck in the sockets (see Chapter 7 Video).
- Physical Activity:** For the first 24-48 hours, one should **REST**. Patients who have had sedation or who are taking the prescription pain medication should refrain from driving an automobile or from engaging in any task that requires alertness for the next 24 hours.

THE DAYS AFTER SURGERY:

1. Brush teeth carefully, and keep extraction site(s) CLEAN and free of food debris until holes close (in 3-6 weeks). Please DO NOT USE A WATERPIK for 2-3 weeks.
2. Beginning 24 hours after the surgery, rinse mouth with prescription mouth rinse (or warm salt water). Continue rinsing 2-3 times per day for 7 days, then begin irrigating per dentist's instructions (see #7 below).
3. If **ANTIBIOTICS** are prescribed, be **SURE** to take **ALL** that have been prescribed, **AS DIRECTED** (unless you are experiencing any adverse side effects), in which case you should contact Dr. Rider (email contact is preferred).
4. Use **WARM, MOIST HEAT** on face for swelling, if any. Continue until the swelling subsides. A warm, wet washcloth or heating pad will suffice.
5. If **SUTURES** were used, they will dissolve on their own.
6. A **DRY SOCKET** is a delayed healing response that is most likely caused by food debris in the socket, by smoking, or by not taking pain medications as directed. Dry sockets may occur during the second-to-fourth post-operative day. They are associated with a throbbing pain on the side of the face, which may seem to be directed up toward the ear. In mild cases, simply increasing the pain medication can control the symptoms. If this is unsuccessful, please call Dr. Rider (see Chapter 6 Video).
7. **IRRIGATING INSTRUCTIONS:** Start using irrigating (monoject) syringe with Peridex 4-6 days after surgery. Use SockIt!® pain gel 4-6 days after surgery for pain or discomfort.
8. Additional post-operative information can be found at www.riderdds.com (see Chapter 4 Video).

CONTACT THE DOCTOR IF: (See Chapter 5 Video)

1. Bleeding is excessive and cannot be controlled. If bleeding is not controlled by gauze, please place a dampened tea bag on the area.
2. Discomfort is poorly controlled (see Chapter 3 Video).
3. Swelling is causing any difficulty breathing or swallowing or if swelling is excessive, spreading, or continuing to enlarge after 60 hours. The swelling should start to improve after the end of day 5.
4. Allergic reactions to medications occur, which are causing a generalized rash or excessive itching.

Call 911 immediately if the patient has trouble breathing, becomes unresponsive, or is difficult to awaken. After calling 911, call Dr. Rider at 520.336.2286 ASAP.