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Instructions for patients after Extraction(s)

In order to assist you with a smooth and comfortable recovery, please follow the recommendations below:

DO NOT:

1. DO NOT rinse, spit, or brush teeth for 24 hours after surgery
2. DO NOT drink through a straw for 48 hours after surgery
3. DO NOT smoke for 7 days after surgery
4. DO NOT drink alcohol for 48 hours after surgery
5. DO NOT eat or drink hot temperature food for 24 hours
6. DO NOT eat spicy, or acidic foods for 7 days after surgery
7. DO NOT exercise vigorously for 3 – 4 days after surgery
8. DO NOT probe the surgical site with your tongue, any objects, or your fingers
9. If there is no bleeding, you DO NOT need to apply the gauze

BLEEDING:

1. Bite with continuous pressure over the extraction site with a moist, folded gauze until the gauze becomes saturated.
2. Change the gauze every hour until bleeding stops.
3. Remember, it is common to have slight oozing for the first day after surgery. Pressure from biting on gauze almost always helps.
4. If excessive bleeding continues, bite on gauze wrapped around a warm moistened Lipton's black tea bag to help the blood clot.
5. PLACING GAUZE: During the day if you are awake and alert, use the 2x2's provided for you, folded in quarters and placed at the surgical site(s). When sleeping during the day replace the 2x2's with the 4x4's, folding one end and allowing the excess to hang out of your mouth to prevent accidental swallowing of the gauze. Never sleep overnight with the gauze in your mouth.
6. Discontinue use of the gauze after the bleeding has stopped.
7. You may have sutures placed. If you do, they are dissolvable and should dissolve on their own in approximately 7-10 days.

SWELLING & BRUISING:

1. It is extremely important to apply ice packs 30 minutes on and 30 minutes off the cheeks, until bedtime to decrease the inflammation and minimize swelling. We recommend a zip lock bag of crushed ice or a bag of frozen peas.
2. For impacted third molars, keep the head wrap in place for the first 24 hours. Sleep with your head elevated with pillows for two days following surgery. This will help reduce swelling and the appearance of bruises.
3. Remember, swelling and bruising is very common after surgery. It will reach its maximum at 72 hours post-surgery and will gradually resolve over the week. Everyone heals at a different rate. Some will swell more or less than others.
4. Keep lips moist with cream or Vaseline to prevent cracking or chapping.

DIET:

1. If you have had general anesthesia, please refer to the general anesthesia sheet for more details.
2. We recommend cold foods (such as Shakes/Pudding/Ice cream/Jell-O) for the first 24 hours after surgery.

3. After your surgery, maintain a soft diet for one week. For example: soup, scrambled eggs, mashed potatoes, soft chicken or fish. At your follow up appointment, we will give you further instructions.
4. Avoid crunchy and chewy foods, like popcorn, nuts, sunflower seeds, rice, or taffy for 4-6 weeks after surgery to allow enough time for the area to completely heal.
5. If you are a diabetic, maintain your normal diet as much as possible and follow your doctor's instructions regarding your insulin schedule.

ORAL HYGIENE AND CARE:

1. Brush your teeth gently; carefully avoiding the surgical sites, beginning the next day after your surgery.
2. The following day after surgery, start rinsing your mouth with a saltwater rinse (1 tsp salt in one quart of water). Avoid mouthwash for 5-7 days as it contains alcohol.
3. It is extremely important to keep your mouth clear of food particles and debris during the first week following surgery. We recommend that you begin to gently rinse your mouth after each meal. An accumulation of food or debris may promote inflammation / infection.

OTHER POSSIBLE POST-SURGERY EFFECTS:

DRY SOCKETS:

When a tooth is removed, a "hole" or "socket" is left in the jawbone where the roots of the tooth used to be present. Normal healing requires the formation and continued presence of a blood clot in that "socket."

When the clot is lost or does not form properly, you begin to have pain of varying degrees and intensity. The pain usually starts to increase the third to the fifth day after the tooth was removed. The pain often radiates to the ear or to other teeth. The pain is usually caused by exposed bone due to the absence of a proper clot. One will notice a bad taste and odor. A dry socket is not a true infection but rather an inflammatory condition. If you experience any of these symptoms, please contact our office for continued care.

BRUISING:

1. May occur around the cheeks or inside the mouth, but will soon disappear. The bruising may travel into the neck area and disappear over a period of time.

NUMBNESS:

1. Loss of sensation of the lip and chin may occur due to administration of a long-acting anesthetic for increased comfort, usually following lower wisdom teeth removal. The normal sensation often returns by the following day.

STIFF JAWS/MUSCLES:

1. Stiffness of the muscles after surgery is to be expected due to the swelling. It should disappear within seven days.
2. The day after surgery begin to lightly stretch your jaw. Use heat compresses for tightness in jaw.

SUTURES:

1. Do not be alarmed if they come out as they are made to dissolve on their own.

If you have any questions about your recovery or the above recommendations, please call our office at **(925) 934-7888**. During business hours, a member of our team will be happy to assist you. If this is a life-threatening emergency, please call 911. After hours, you may call our office and follow the prompts to get in contact with Dr. Alijanian. You may also log on to our website www.DrAlijanian.com for further instructions.

**Thank you for making us your specialist of choice
"We are committed to you...giving patients a reason to smile."**