

Dry socket is a painful condition arising 3-7 days after the removal of difficult or impacted teeth. If pain is not relieved by your pain medication or is worsening please call the office during office hours if possible, so we may better assist you.

Some swelling is expected after certain surgical procedures, especially the removal of wisdom teeth. Use of ice packs in the first 48 hours will help prevent swelling. We recommend constant application of ice. Refresh Ice bags every 30 minutes.

Do not drive the day of surgery if you've had IV sedation.

Any surgery results in some pain. Prescribed pain medication will usually keep this to a minimum. Take the first dose within 2 hours and then as prescribed. However, do not take the pain medication on an empty stomach. It takes about 45 minutes for the medication to take effect. If no pain medication is prescribe we recommend 500 mg of Tylenol with 800 mg of Ibuprofen every 4-6 hours for discomfort.

The medication used during surgery may cause nausea in a few people. if you do become nauseated, avoid dairy products.

A clean mouth reduces swelling and promotes healing.

After 24 hours, brush gently. For 1 week after surgery, rinse with warm salt water (1 tsp in 8 oz warm water), or if prescribed, clorhexidine mouth rinse.

A low grade fever is not unusual. Fever is often a sign of an insufficient amount of fluid. Remember to stay hydrated.

After the first day, stretch your mouth open several times a day to avoid a stiff jaw.

Orthodontic retainers can be worn the day after surgery.

Unless otherwise instructed.

For emergent questions outside office hours call:

405.367.3078



WHAT TO DO BEFORE AND AFTER YOUR SURGERY

NEXT VISIT:

DATE: _____

TIME: _____

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Before Surgery

If you are planning to have IV sedation with your procedure please ensure that you have had **nothing to eat for 6 hours prior**. However, staying hydrated is helpful and we would encourage you to drink clear liquids up to 3 hours before your procedure.

Wear a shirt/blouse that is loose fitting and has short sleeves. Please leave all jewelry and valuables at home.

Someone must come with you on your surgery day prepared to:

- Stay in the office during the procedure
- Drive you home
- Care for you for at least the first 3-4 hours after surgery.

Prepare ice packs to be used on the day of surgery. Combine 10 cups of water with 2 cups of rubbing alcohol. Divide in 8 quart - size freezer bags. Freeze for 24 hours. Commercial ice packs may also be used.

Have enough soft foods such as soups, instant breakfast, milk, ice cream and juice on hand for the first few days. * For patients receiving full arch treatment, a soft diet is required for the first 3 months*

If you have any questions prior to your scheduled surgery, please call our office at 405.722.7071

After Surgery

For the first hour maintain firm pressure on the gauze. Remove when saturated or when you want something to eat or drink. Avoid talking, spitting, or rinsing your mouth today.

Bleeding should decrease over the next 12 hours. Fold 2 pieces of gauze in half and place over the extraction site with firm pressure until the gauze becomes saturated. Pressure stops bleeding. At first the gauze will saturate in 10 minutes, but as bleeding decreases it will take longer and longer to saturate the gauze. Eventually it will take 45 minutes to an hour to saturate the gauze. At that point you can discontinue the gauze. Bleeding will decrease over time, some faster, some slower, but it's not unusual to continue into the evening. Minor bleeding, (pink saliva) can be expected for the first few days, no gauze is needed for this.

Numbness from your surgery will last 2 to 8 hours. Therefore, soft foods and liquids are recommended during this time.

You may have soft foods such as mashed potatoes, soft pasta, or scrambled eggs, then gradually progress to solid foods as comfort allows. No straws, or carbonated beverages for 7 days.

Avoid smoking for 7 days

Get as much rest as possible the first few days. Keep your head elevated. sit upright or lie on two pillows.