



GRANITE STATE ORAL SURGERY

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POST OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

Patients who have had surgery done under anything other than a local anesthetic, such as Nitrous Oxide, IV Sedation or General Anesthesia should not be left home alone following the procedure. Your restrictions today are:

NO MEDICAL AND LEGAL DECISION MAKING WHILE UNDER THE INFLUENCE OF ANESTHESIA

Do not smoke, use straws or drink alcoholic beverages. Do not drive or operate any machinery if you have been sedated or have had General Anesthesia. Do not eat hot foods as long as you have any active bleeding. Keep to cool, soft things until bleeding has stopped. **Tomorrow, please start rinsing with warm salt water and brush gently around the surgical area. It is important to keep your mouth very clean. When you get home:**

1. Remove gauze and eat something cool and soft (ice cream, yogurt, popsicles, smoothies, etc.)
2. If you have no problems with taking Tylenol and Dr. Malik has recommended Tylenol, take 2 tablets of Tylenol 500 (2 tablets 500mg = 1000mg).
3. If you have been prescribed Ibuprofen, take that 4 hours after the Tylenol. Continue with this 4-hour regimen for 24-48 hours. If this regimen is not working, switch the Tylenol to the narcotic (Percocet or Vicodin). Alternate the Ibuprofen and the narcotic every 4 hours. **DO NOT TAKE OR ALTERNATE NARCOTICS AND TYLENOL (NARCOTICS HAVE TYLENOL IN THEM).**
4. If you are prescribed Peridex oral rinse to start on the day after surgery. The directions on the bottle are to rinse twice a day. You may also rinse with warm salt water throughout the day.
5. Do not drive or operate machinery if you are taking prescription pain medication.
6. Place fresh gauze in mouth and bite down for one hour. Constant pressure is important. After one hour remove gauze. If bleeding has stopped, there is no need to replace the gauze. If the surgery site is oozing, replace the gauze and bite down to apply pressure. Continue replacing the gauze at one-hour intervals until bleeding has stopped. Some post-operative bleeding is expected for the first 24 hours.
7. If bleeding is a problem, remove gauze and clean out your mouth with cold water, then moisten a tea bag with cold water and bite down on it for a solid hour.
8. Swelling is to be expected and will peak in three days and then will go down. Today, apply ice to face for 30 minutes out of every hour. Tomorrow, alternate ice with heat, so that each hour you are applying one or the other for 30 minutes. You should use a heating pad or a facecloth moistened with warm water to apply heat.
9. If Stitches are dissolvable, they will fall out in several days.
10. Do not probe operative areas or pick at clots, sutures or white healing material.
11. Do not smoke for at least 7 days.
12. Do not make any medical or legal decisions over the next twenty-four hours.

If you have any questions or problems, please call us at 432-3308. If you need to reach Dr. Malik (after hours) urgently, you can call him at (603) 552-0620. He will return your call as soon as possible.