NOVA PERIO SPECIALISTS
Periodontics & Dental Implants

POST OPERATIVE INSTRUCTIONS FOR TOOTH EXTRACTION

These Instructions will help to make you as comfortable as possible. If you have any question, please do not hesitate to call: **703-327-2200 during the day.**

Text or call Dr. Kharmouche at 703-307-GUMS (4867), Dr. Alka Panwar 347-530-4870, Dr. Rose Sobhani 352-283-2996 or Dr. Shayan Barootchi : 773-494-1922 after hours.

Anesthesia: The length of time you experience numbness varies depending on the type of anesthesia you received. While you are numb, be careful not to bite your lip or tongue. The numbness will subside in 2-6 hours.

Bleeding: Your doctor will place gauze in the surgical area to limit bleeding and promote clotting. This gauze pack should be left in place for 30-45 minutes. Bite gently, but do not chew. There may be some mild bleeding or oozing after the gauze in removed until clotting takes place. If it is mild, leave it alone. If the bleeding is heavy, follow these instructions: * fold a piece of gauze into a pad thick enough to bite onto and place it in the surgical site * Apply firm pressure by biting on the pad or on a teabag and maintain this for 30-60 minutes. If the pad becomes soaked, replace it with a new one as needed. Do not play with or suck on the wound. Apply an ice pack to your face. Do not recline horizontally. If the bleeding persists, call your doctor.

The Blood Clot: After surgery, a blood clot forms over the wound. This is normal and important for healing. You should, therefore, avoid any activity that could disturb the clot. Do not smoke, spit, rinse your mouth, or drink through a straw for 24 hours. These activities create suction that could dislodge the clot and delay wound healing.
Avoid brushing directly over the surgical site but do brush everywhere else in your mouth to keep things clean. Gently rinse your mouth afterward.

Medication: If pain medications have been prescribed, they should be taken as soon as you arrive home. Because you have had surgery, some post-operative discomfort may be present, even with your prescription. You may take regular strength Tylenol with the Motrin for additional pain relief alternated with the use of narcotics. Some pain medicines may make you groggy and can slow your reflexes. Suddenly sitting up or standing may make you feel dizzy. Driving, making important decisions, or operating machinery should be avoided while taking your pain prescription. You will be advised of the need to take these precautions if necessary. Pain medications should not be taken on an empty stomach. Please take your medication regardless of discomfort for at least 2 days.

Swelling: Swelling following periodontal surgery is normal and may continue for several days. However, if fever develops, please call. To help control swelling, an ice pack should be placed on the cheek for 15 minutes on, 10 minutes off, and then repeat for 3-4 hours, the day of the surgery. If swelling continues, please apply warm pads to the side on the 2nd day after the surgery.

Eating: Do not drink alcohol while taking pain medication. It is important that you continue to receive proper nourishment. Unless otherwise instructed, it is usually more comfortable to limit the diet to cold, soft food during the first 12-24 hours. A blender or food processor can be very helpful. Highly acidic or seasoned foods can cause burning sensations. It is very important to maintain your normal fluid intake. Resume a balanced, high protein diet as soon as it is comfortable. DO NOT MISS MEALS OR GET DEHYDRATED.

Oral: Starting the evening of the day of the surgery, brush and floss in all areas except the surgical site, which may be cleaned with warm salt water or with provided rinse 2-3 times a day for 1 minute each time.

Sutures: If you have stitches you will be instructed on when they will be removed.