

## Instructions Following Oral Surgery

### **Anesthetics**

The length of time you experience numbness varies, depending on the type of anesthetic you've received. While your mouth is numb, you'll want to be careful not to bite your cheek, lip, and tongue. The numbness should subside within a few hours.

### **Bleeding**

- \* Your dentist will place a gauze pack on the extraction site to limit bleeding and confine the blood while clotting takes place. This gauze pack should be left in place for 30-45 minutes after you leave dentist's office. Keep a firm, but steady pressure on the gauze and when you remove it: remove it gently, without disturbing the blood clot. Do not chew on the gauze pack. There may be some oozing of blood after the pack is removed. If so, follow this procedure.
- \* Fold a piece of clean gauze into a pad thick enough to bite on. Dampen the pad and place it directly on the extraction site.
- \* Apply moderate pressure by closing the teeth firmly over the pad. Maintain this pressure for about 30 minutes. If the pad becomes soaked, replace it with a clean one as necessary.
- \* If there is bleeding later on you can use a wet (new) tea bag instead of gauze for 30-45 minutes.
- \* Do not suck on the extraction site.
- \* A slight amount of blood may leak at the extraction site until a clot forms. However, if heavy bleeding continues, call your dentist. (Remember, though, that a lot of saliva and a little blood can look like a lot of bleeding.)

### **The Blood Clot**

After an extraction, a blood clot forms in the tooth socket. This clot is an important part of the normal healing process. You should therefore avoid activities that might disturb the clot. Here's how to protect it:

- \* Do not rinse your mouth for six hours. Rinsing may dislodge the blood clots and interrupt the normal process of healing. You are encouraged, however, to drink fluids.
- \* Do not smoke, or rinse your mouth vigorously, or drink through a straw for 24 hours. These activities create suction in the mouth, which could dislodge the clot and delay healing.
- \* DO NOT SPIT!!!! (Blood cannot clot if you are constantly spitting it out) If abnormal bleeding occurs, fold a sponge or take a tea bag, wet it, place it over the socket and bite down for 30 minutes with even pressure. If abnormal bleeding persists, do not hesitate to call our office.
- \* Do not clean the teeth next to the healing tooth socket for the rest of the day. You should, however, brush and floss your other teeth thoroughly. **Gently** rinse your mouth afterward.
- \* Limit strenuous activity for 24-hours after the extraction. This will reduce bleeding and help the blood clot to form.
- \* If you have sutures, your dentist will instruct you to return to have them removed.

### **Medication**

Your dentist may prescribe medication to control pain and prevent infection. Use it only as directed. If the medication prescribed does not seem to work for you, do **not** increase the dosage. If you have prolonged or severe pain, swelling, bleeding, or fever, call your dentist immediately. He or she will give you exact instructions on how to care for your problem.

### ***Swelling and Pain***

After a tooth is removed, you may have some discomfort and notice some swelling. You can help reduce swelling and pain by applying cold compresses to the face. If the extraction was removal of an impaction or said to be difficult, the amount of swelling can be reduced by applying an ice pack to the side of the face on which the extraction was done. The ice pack should be used intermittently, e.g., on one-half hour and off 15 minutes for the remainder of the day and/or night then followed the next day with moist, warm towel compresses.

### ***Diet***

After the extraction, drink lots of liquids and eat soft, nutritious foods. Avoid alcoholic beverages and hot liquids. Begin eating solid foods the next day or as soon as you can chew comfortably. For about two days, try to chew food on the side opposite the extraction site. If you are troubled by nausea and vomiting call your dentist for advice.

### ***Rinsing***

The day after extraction, ***gently*** rinse your mouth with warm salt water (half a teaspoon of salt in an 8 oz. glass of warm water). Rinsing after meals is important to keep food particles out of the extraction site, but remember not to rinse your mouth vigorously. **Chloraseptic** is the mouth-wash of choice.

### ***Oral Hygiene***

It is important to continue to floss your teeth and brush thoroughly at least twice a day using a fluoride toothpaste. This will help eliminate the bad breath and unpleasant taste that is common after an extraction. Always use a soft-bristled brush so that you do not injure the tissues in your mouth.

Occasionally there is numbness following a difficult extraction. This numbness may last for several weeks or longer, but is almost always temporary.

Small pieces of bone may work their way through the gum following an extraction. This is normal and usually requires no treatment, if it is annoying, return to our office for removal.

If you had full dentures or partial dentures inserted today please leave them in your mouth for the next 24 hours. Do not remove them today! You may remove the dentures tomorrow and clean them. If there are any sore spots on your gums, please call our office for an adjustment appointment. Since you are numb now you will not be aware of areas that need grinding.

If you have difficulties, call the office immediately, our interest in you does not end with the completion of surgery. Emergency number 240-381-9292 or 240-381-8905

**Note:** Antibiotics decrease the effectiveness of oral contraception and can cause yeast infections in women. Please consult your Gynecologist.

## After Care For Your Composites

### **Biting and Chewing**

Composite fillings are already set and chewing is permissible.

### **Soreness**

The gum tissue, along with the site if injection, may be sore for several days. A warm salt-water rinses will relieve discomfort.

### **Anesthetic**

Observe children until their anesthetic wears off. There is a concern that a child may chew on his/her tongue or the inside of his/her cheeks or lips, due to the numbness in the mouth area.

### **Sensitivity to Cold**

Up to 24 hours following a restoration, you may experience sensitivity to cold. This is normal and should subside within two to three days. If sensitivity persists, please contact our office.

### **Esthetics**

To prevent staining of composite fillings brush often with Rembrant tooth paste.

## **After Care For Endodontic Treatment**

### **You May Experience...**

Sensitivity to pressure, sensitivity to hot/cold, or swelling. If you experience swelling, call our office. The dentist may need to see you or call in a prescription to your pharmacy. Please have your pharmacy number ready.

### **Temporary Fillings**

The dentist may have used a temporary filling to seal the tooth. Until the final restoration is placed, be gently with the tooth.

### **Pain Medication**

In some cases, pain medication may be necessary. If over-the-counter pain reliever fails to relieve your discomfort, call our office.

### **Chewing**

Chewing should be done on the side of the mouth opposite the treatment site. If it hurts to chew then return to our office for a bite adjustment.

### **Brushing and Flossing**

Continue your normal routine of brushing and flossing.

### **Root Canal**

The treatment you have received has removed blood vessels from your tooth. The blood vessels were a source of moisture. Without moisture, your tooth becomes brittle and may fracture. A crown and post will be necessary to prevent future loss due to possible fracture of the tooth.

## **After Care For Crown or Bridge Treatment**

### **Temporary Form**

During your first visit for crown or bridge treatment, a temporary form is placed on your tooth for protection. The final restoration will be shaped to match and complement your other teeth. In rare instances the temporary form may come off. If it does, apply petroleum jelly, Dentemp, or Denture Adhesive to the inside of the temporary and place it back on the tooth. Call our office for an appointment.

### **Soreness and Sensitivity**

You may experience soreness around the gum line which can be relieved with a warm salt-water rinse or Chloraseptic. You may also experience sensitivity to cold and/or pressure. This is normal.

### **Permanent Restoration**

Once the permanent restoration has been placed, your bite may feel slightly different. This is normal. However, if your bite feels uneven, call our office for an appointment.

### **Chewing**

Chew on the side of your mouth opposite the restoration until the following day. Avoid eating sticky foods, chewing gum, and ice.

### **Brushing and Flossing**

Continue your normal routine of brushing and flossing. You may have to pull the floss through instead of pulling it up.

## Cheryle Baptiste DDS., PC



### Post Subgingival Scaling and Root Plan Instructions

You will be numb for the next 3-4 hours. Just as you start to feel the anesthesia wearing off and before it completely wears off take a Tylenol, Advil, or whatever non-Aspirin pain reliever you normally use for pain. This one dosage should be sufficient.

**Care of Mouth:** Rinse your mouth 2-3 times per day (for 5 days) with warm salt water. One teaspoon salt 8oz. water or with Chloraseptic mouth and throat rinse. Tonight you may have to go easy at first. Run your toothbrush under very hot water first to help soften the bristles. Make sure you use a soft toothbrush. Please use unwaxed floss if comfortable or glide floss if flossing is a problem.

**Discomfort:** Your gums may become "achy" and a couple of Tylenol or Advil will eliminate any discomfort. Sensitivity to cold may temporarily occur, removing all plaque from the tooth and placing or touch sensitivity in a few days. You can use Denquel or Sensodyne (with fluoride) toothpaste's. If you use mouthwash, make sure it has fluoride in it. Stannous fluoride is effective when used 5 to 7 times a day.

**Eating:** Do most of your chewing on the untreated side. Your next meal should be soft. Avoid any hard "crispy" foods like fritos, potato chips, popcorn, etc. For the next 3-4 days eat whatever feels comfortable to you.

**Swelling:** Very seldom does swelling or jaw stiffness occur, however if it does, place warm moist towels to the face in the area of stiffness.

**Dressing:** If a dressing is used leave it in place until the time specified by the doctor or hygienist. If you are unable to return to the doctor or hygienist in the period of time given to you at your scaling appointment. Wash your hand thoroughly with an antibacterial soap and peel

the dressing off with a finger nail and brush teeth to remove small pieces.

**Smoking:** Please do not smoke following Subgingival scale/root planning procedures. Tobacco smoke is an irritant to healing. Refrain from smoking for 24 hours or longer. Please let me know if you are a smoker.

If any problems arise please feel free to call the office.  
24 hour emergency service (301) 275-2739

**\*Note:** Antibiotics decrease the effectiveness of oral contraceptives and may cause vaginal yeast infection. We do offer oral Antifungal capsules. If you prefer the oral Antifungal