

**Thomas M. Mack, D.D.S.
17215 N. 72nd Drive, Ste A-100
Glendale, AZ 85308
(623)582-8384**

POST OPERATIVE INSTRUCTIONS

You should stay at home, relax, and lay with your head elevated on two pillows the first 12-24 hours. If you have been sedated, no driving or operating machinery for 24 hours.

Apply gauze packs *directly* over the area of surgery or tooth extraction and bite together with firm pressure. Change gauze every 30 minutes or as needed until bleeding has stopped. If you run out of gauze, a moist tea bag can be used with biting pressure directly over the extraction site.

Apply ice packs to the skin overlaying the surgery area for 36 hours; 15 minutes on and 15 minutes off per site. Use an ice bag or crushed ice in a "zip-lock baggy" wrapped in a light towel.

Avoid using a straw, rinsing the mouth or spitting for 24 hours: these promote bleeding. **NO SMOKING for THREE DAYS** to help prevent dry sockets.

Diet should be **COLD** or cool liquids or soft foods (milkshakes, ice cream, yogurt, pudding, Jello, applesauce) until bleeding has stopped. **REMEMBER, NO STRAW!!!**

If you have been sedated, limit oral intake for the first 1-2 hours to clear fluids (water, apple juice, Gatorade). If you tolerate clear fluids, you may resume a soft diet (soups, eggs, Jello, pudding, applesauce).

Pain medications: If you are given a prescription, take as directed. Tylenol, Advil, or Ibuprofen may be sufficient to relieve the pain. All medicine should be taken before the numbness wears off.

Nausea may occur if taking medicine on an empty stomach. Eat something 15-30 minutes before taking medicine. If nausea or vomiting persists, discontinue the pain medication and contact our office.

If you have been sedated, certain sedatives may cause nausea, please call the office if nausea persists.

If antibiotics were prescribed for you, please take them as directed until they are gone.

The day following surgery, you should rinse your mouth gently with warm salt water (1/2 teaspoon per 8oz water) after each meal and at bedtime. Continue for 7-10 days or until sutures are removed.

Resume brushing your teeth, using care around surgery site.

It is normal to have a certain degree of discomfort following the removal of teeth. This discomfort should decrease during the days following surgery. If the pain increases in severity or does not decrease during the post operative period, please call our office.

It is normal following surgery to have varying degrees of swelling, difficulty in opening the mouth, discoloration of the skin, numbness, and discomfort. If you develop swelling and stiffness in your cheek(s), apply moist heat to the affected areas beginning 48 hours after surgery. (Using ice the first 24 hours)