

Rapid satisfactory recovery from oral operations/ extractions may depend upon the patients after-care of their mouth. It is very important that these instructions are carefully followed and observed. In most extraction cases, one week post operative appointments are arranged to check on the healing process. It is essential in the recovery that these appointments are faithfully kept, regardless of how you may feel.

Healing - Do not disturb the wound by touching it with your fingers, toothpick, or tongue. Irritation, bleeding and infection could be a result, if you disturb the extraction site in any way. Do NOT lift any objects weighing more than 5 pounds.

Bleeding Control - A certain amount of bleeding is to be expected. If bleeding persists place a wet tea bag on the site and bite firmly for 30 minutes, keeping constant pressure. Always remember to keep your head elevated. AVOID SPITTING, SMOKING, AND SUCKING THROUGH A STRAW FOR THE FIRST SEVERAL HOURS AFTER YOUR EXTRACTION. ALSO DO NOT DRINK ANY CARBONATED BEVERAGES AND DO NOT SWISH ANY LIQUIDS FOR 48 HOURS.

Pain Control - Some pain is expected. If you have been given a prescription for pain, have the prescription filled and take it as desired. Do not take any alcoholic drinks while taking the pain medications.

Diet - You should follow a soft diet (pasta, soup, smoothies, etc) for the first 24 hours. Oral hygiene is very important, along with salt-water rinses. After 48 hours put a teaspoon of salt in a glass of warm water and swish 4-5x a day for 5 days following the extraction.

Swelling Control - Some swelling can be expected. Apply an ice pack to your jaw immediately if swelling occurs. You may use frozen pea bag wrapped in a towel, leave 20 minutes on 20 minutes off until swelling goes down.

The following conditions may occur; all of which are considered normal.

- A. Swelling where the extractions occurred, the area may become quite large.
- B. Trismus (tightness of the muscles) may cause difficulty in opening the mouth.
- C. An earache.
- D. A sore throat may develop.
- E. For lower impacted teeth, numbness around the corner of the mouth or tongue on the side from which the tooth was removed may develop. This is a condition, which may correct itself. It is possible for it to remain anywhere from a few days to months.
- F. Bruising of the neck, tissue, throat and face area.

Homeopathic Medications:

- Arnica Montana 200C (for bruising): place 3 tablets under tongue 3 times per day for 7 days
- Hypericum 200C (nerve regeneration): Place 3 tablets under tongue 3 times per day for 7 days. Begin this treatment 1 week prior to surgery. Please DO NOT take this if you are on any MAOI's or mood stabilizing medications.

\*Homeopathic medications can be purchased at Sprouts or Whole Foods.

PLEASE CALL OUR OFFICE AND LEAVE US A MESSAGE AT 480-279-3700 FOR ANY QUESTIONS OR CONCERNS