

Champlain Dental Group, Ltd.

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IMMEDIATELY FOLLOWING SURGERY

Dental Surgery has been performed in your mouth and the best results will be obtained by carefully and completely caring for the area under treatment for at least one week. After a tooth extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process.

A gauze pad has been placed over the surgical site to control the oozing. *It is very important to hold the gauze pad firmly in place for at least 45 minutes.* A little minor bleeding around the area of surgery, especially "slight oozing" is expected. This is more easily noticed in the mouth because a small amount of blood may mix with the normal fluids in the mouth. This is normal for the first hour after your appointment.

BLEEDING

If oozing persists after an hour, remove the old gauze pad and place a new wet gauze pad for an additional 30 minutes. If your bleeding still persists you may try a plain black tea bag. Moisten with warm water, and bite firmly for another 30 minutes. The tea bag has tannic acid which helps control bleeding by contracting bleeding vessels.

HOME CARE

After the blood clot forms, it is important not to disturb or dislodge the clot as it aids in healing. Please do not rinse your mouth vigorously, spit, suck through straws, **smoke**, drink alcohol or brush teeth next to the extraction site for **72 hours**. These activities will dislodge or dissolve the clot and retard the healing process. Limit vigorous exercise for the next 24 hours as this will increase your blood pressure and may cause more bleeding from the extraction site.

It is essential to **NOT SMOKE FOR AT LEAST 72 HOURS**. This places a heat source in your mouth. It also creates a sucking motion in your mouth and elements in tobacco greatly inhibit healing. This includes the use of **electronic cigarette** as the nicotine vapor can also affect healing and clot formation. If you really crave nicotine, use a nicotine patch or nicotine gum as a substitute. Smoking can hinder healing to the point of causing a "dry socket" which is an extremely painful infection, irritation and inflammation of the surgical site. This condition is very difficult to treat quickly and successfully.

It is very important all teeth not involved in the surgical procedure be brushed and cleaned very thoroughly to keep bacteria count low in your mouth. This is to promote normal healing without infection.

24 Hours after surgery, periodic warm salt water rinses (one teaspoon of salt in an 8 ounce glass of water) or using an **alcohol free mouth rinse**, will assist in comforting the surgical site. *People with high blood pressure should avoid salt water rinses.*

Avoid all **HOT LIQUIDS FOR AT LEAST 48 HOURS**. This can cause the surgical site to start bleeding all over again, and would require further treatment.

You may have sutures (stitches) in your mouth. These were placed to help the healing process. The sutures we use are routinely dissolvable. They will fall out over the first few days following your normal hygiene. This is normal.

A tip to help promote good healing is to take a Multi-vitamin that contains the B vitamins and plenty of Vitamin C, each day for about 2 weeks. This is strictly voluntary, however it does seem to enhance the healing process.

SWELLING

Swelling is the body's normal reaction to surgery and eventual repair. Do not be alarmed by some swelling around the mouth, cheeks and/or sides of face. However, swelling may be minimized by the immediate use of ice packs. An ice pack should be applied for 15-20 minutes and then removed for 15-20 minutes. You may do this as long as you care to. If swelling is still apparent after 24 hours, you may switch to a hot pad for the duration of the swelling.

PAIN MANAGEMENT

For mild discomfort, use Tylenol: two tablets every 3-4 hours, or Ibuprofen (Advil, Motrin) 200 mg tablets, 3-4 tablets every 6-8 hours. You can alternate Tylenol and Ibuprofen every four hours.

If you are given a prescription for pain pills, please use them as directed to keep yourself comfortable. **REMEMBER THAT THESE MEDICATIONS NOT ONLY RELIEVE PAIN, BUT THEY ALSO SLOW DOWN YOUR REACTIONS AND RESPONSES.** Therefore, you should not drive a motor vehicle or operate machinery while taking these medications. **DO NOT DRINK ALCOHOLIC BEVERAGES WHILE TAKING PRESCRIBED PAIN PILLS.** If pain does not begin to subside in 2 days or begins to increase after 2 days, please call our office.

Few medications should be taken on an empty stomach as most medications tend to upset your stomach. Therefore, do not take any medications on an empty stomach unless specifically directed by the doctor or pharmacist to do so. Have something to eat first, then take your prescription medication.

If an **ANTIBIOTIC** has been prescribed, *please finish your prescription as directed, regardless of our symptoms.*

Note: Medical research indicates that antibiotics may inactivate birth control pills. Women taking birth control pills should use alternate methods or abstain from sexual activity until the menstrual cycle after they complete antibiotic therapy! If you have any questions concerning this research, or the combination of birth control pills and any antibiotic we may have prescribed you, please refer them to your medical doctor.

DIET RECOMMENDATIONS

If more than just a small area of your mouth is involved, you should go on a completely soft diet until your next appointment, or for the time period specified by the doctor. This means no food harder than the consistency of baby food on the side of your mouth where the surgery was performed.

To prevent any post-operative problems, please drink 3 to 4 quarts of liquid daily. This means one full glass for every hour you are awake. The first 48 hours you may use water, juices, soups, non-carbonated beverages or the "instant breakfast" type of products made with water. Avoid coffee, beer, carbonated or alcoholic beverages. If you cannot keep away from them, do not count them as part of your daily fluid intake. **Do NOT use straws.** Drink from a glass.

You may call us or leave a message at any time. Please do not hesitate to call. Thanks you for being a good, cooperative patient.

Sincerely,

The Doctors of Champlain Dental Group