

REYNOLDS ORAL & FACIAL SURGERY



POST OPERATIVE INSTRUCTIONS IMMEDIATE DENTURES

*If any of these symptoms seem excessive, contact the office.
Office Phone Answered 24 hours daily*

1. Protection of the blood clot and surgical site

Slight bleeding after tooth extraction is normal and may last for several hours. Bite on folded gauze directly over the bleeding area the dentures are on. If there is no active bleeding then leave the gauze out. Lay in a semi-reclined position. Avoid spitting, bending over, sucking through a straw, and rinsing for 24 hours. No strenuous activity or smoking for 48 hours. The blood clot is important for healing.

2. Rinsing

Rinsing may dislodge the blood clot and interrupt the normal process of healing. Carefully follow these steps in order.

Day 1 (Day of surgery - first 24 hours after surgery)

- Keep dentures in for 24 hours
- Do not rinse or spit.

Day 2 & 3 (24 - 72 hours after surgery)

- Remove dentures 3 times a day to rinse them off.
- While the dentures are out rinse your mouth gently using a glass of warm salt water (1/2 teaspoon per cup).

Day 4 - 30

- Same regimen as day 2 & 3, however now rinse with a little more force.
- Use your finger tip to gently rub your oral tissues and rinse your mouth each time you take your dentures out.
- Brush and floss your remaining teeth (if any), 2 times a day; be gentle around the extraction sites.
- Follow with the chlorhexidine rinse. (continue using until day 7)
- Replace the dentures immediately. Do this for one week.
- Continue rinsing and cleaning in this manner for 30 days. (note; you can stop the chlorhexidine at day 7)

***For the first week you will wear your dentures 24 hours a day. After the first week you will wear them 16 hours a day or less.**

3. Care of remaining teeth / Cleanliness and healing

The teeth should be given their usual care. Brush and floss two times a day. Don't clean the extraction sites.

4. Swelling / Fever

An cool pack placed on face will be beneficial to help control swelling. This should be used for the first 4 days after surgery. If extreme swelling occurs or, a temperature above 101.5 contact my office.

5. Pain

Some discomfort is normal following oral surgery. If pain medication is prescribed, take only as directed. Often it is beneficial to take the medication after eating to help prevent nausea. Do not drive while using narcotic pain medications.

6. No Smoking or Alcohol

Do not smoke or drink alcohol for 48 hours following oral surgery. This may cause the disruption of healthy blood clot formation and increase in complications including dry sockets, prolonged healing, wound breakdown and post-operative infections.

7. Diet

No hot liquids, acidic foods or drinks for the first 24 hours. Eat something when you feel ready. Cool liquids are best to start but avoid sucking through straws. Then, when the numbness starts to wear off, progress to a pureed diet, no chewing. After two weeks progress to a soft diet and gradually to a regular diet.

8. I.V. Injection site

After having intravenous anesthesia, the arm vein may become hardened and tender. Apply moist heat over the area for one hour three times a day for three days. Contact me if there is no improvement

9. Sharp bony edges/ Dry sockets

You may feel hard, sharp areas on the surgical site. This is the hard bony wall, which originally supported the tooth. "Dry Socket" is a term describing a tooth socket where the blood clot has dissolved leaving an exposed bony area which is painful. A "Dry Socket" will usually heal on its own. Pain control is the issue. Try using an anti-inflammatory medicine like ibuprofen in addition to the narcotic pain medicine. If unsuccessful, then this can be treated in our office by placing a medicated dressing in the surgical site.

10. Nausea

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting you may need to stop the pain medications or take an additional anti-nausea medication.

11. Antibiotics and Contraception

Contraceptives may be ineffective while taking an antibiotic. Use extra protection if you have been prescribed an antibiotic.