

# GANGWISCH DENTAL GROUP, L.L.C.

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## Post-Operative Instructions for Extractions and Oral Surgery

1. You will probably experience soreness at the site of the novocaine injection. Do not eat while numbness is still present.
2. Some discomfort is to be expected after any type of extraction or oral surgery. Tylenol<sup>®</sup>(acetaminophen) or Advil<sup>®</sup>(ibuprofen) is usually best for pain control in these cases. If you have been given a prescription for pain, you may get it filled if needed and take the medication as directed.
3. Bite on the gauze that was placed over the extraction site for a minimum of one hour. Some blood will probably be present in your mouth for the first 24 hours. If blood begins constantly oozing, it is important to get it under control by biting on gauze or a tea bag. Try this for at least 1 hour. If bleeding has not slowed by that time, then please call your doctor for consultation.
4. Once the gauze pack is out, do not swish water around in your mouth, smoke cigarettes, or suck through a straw. Any actions such as those could result in loss of the blood clot. Losing a blood clot could result in improper healing, and possibly a dry socket.
5. If stitches are present, place ice on the face over the area of surgery for 20 minutes then off for 20 minutes for the next few hours. This will help keep swelling to a minimum.
6. Eat what you can comfortably. Proper nutrition after surgery is of utmost importance for proper healing.
7. Bruising or muscle tightness may be present. This will usually clear up in 1-2 weeks without further treatment.
8. On the day after, warm salt-water rinses may be soothing to the area.
9. If swelling increases after 48 hours, if pus is present, or if a fever occurs, then the possibility of infection exists. Please call the office for instructions.
10. If pain increases dramatically after 3-4 days, please call the office. The possibility of a dry socket exists.
11. If stitches are present, these will need to be removed in approximately 1 week.
12. A hole will usually be present for up to a few months in the area of the extraction. Care must be taken not to allow food to become lodged in this area.

Thank you for being a good patient. If you have any other questions that were not discussed here, please feel free to call our office at any time. If you have a dental emergency that cannot wait until normal office hours, then call Dr. Gangwisch at his home at 770-978-6661, or Dr. Hulsey at his home at 678-377-1347.