

## ORAL SURGERY INSTRUCTIONS

### PREOPERATIVE INSTRUCTIONS

Take 400mg Celebrex 30 minutes prior to your appointment, if prescribed, as this will reduce pain and swelling postoperatively.

If only local anesthetic is planned for your treatment, have an adequate meal prior to your appointment. You will be numb for several hours afterwards.

Do not eat or drink prior to your appointment if nitrous oxide (laughing gas) is planned as an adjunct to your local anesthetic for your procedure.

### POST OPERATIVE INSTRUCTIONS EXTRACTIONS

Bite firmly on the gauze that has been placed over your extraction site for one hour. You may discard the gauze and replace it with gauze that has been provided if needed.

Keep your head elevated; remove gauze prior to going to sleep. You may want to place a facecloth or small towel on your pillow to absorb any minor blood that may ooze from the extraction site.

Take your pain medications as soon as possible and directed below:

**First 24 Hours:** Motrin 600-800 mg every 6 hours with food and Tylenol-Extra Strength (Acetaminophen) 500 mg every 6 hours. Antibiotics as directed if prescribed. **DO NOT TAKE ASPIRIN.**

**First 24 Hours:** Apply Ice packs to your face on the side(s) where the tooth (teeth) were extracted. Place ice on the site for 10 minutes and remove. Reapply every 10-15 minutes for the first 12 hours after the extraction.

**Do not drink any alcoholic or carbonated beverages for seven (7) days;** chilled unsweetened iced tea has tannic acids which help with healing. Stay hydrated. Avoid salt as it can cause fluid retention and increased swelling. Avoid sugar as it can cause increased inflammation. Creamy soups and scrambled eggs are filling and easy food to eat after extractions. Non-citrus foods high in Vitamin C (cantaloupe and honey dew melons), can help with healing.

**Do not sip through a straw or spit for seven (7) days** as this may disturb the blood clot.

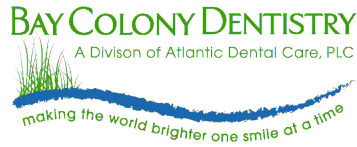
**Do not eat chips, popcorn, or rice for at least seven (7) days** as they may become impacted in the extraction site.

**Do not smoke for seven (7) days.** Now is a good time to quit!

No heavy lifting or strenuous exercise for the first 48 hours.

**After the first 24 Hours:** Rinse your mouth gently with warm salt water (1tsp salt/8oz water) after eating and before going to bed (3-4 times/day).

**After the first 24 Hours:** Motrin (Ibuprofen) 600-800 mg every 6-8 hours with food as needed for pain. Tylenol-Extra Strength (Acetaminophen) 500 mg every 6-8 hours as needed for pain. Antibiotics as directed if prescribed



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**POST OPERATIVE INSTRUCTIONS INCISION AND DRAINAGE:** Do not apply ice packs to your face. Massage the site as directed by the Bay Colony Staff to ensure that the infection is being displaced towards the oral cavity. Return for follow up appointment as directed.

#### WHEN TO CALL

If you have any side effects to the medications such as rash, nausea, headache, vomiting, diarrhea etc.

If you have an oral temperature over 100.4 degrees.

If pain increases and is not relieved by taking pain medications as prescribed.

Do not hesitate to contact Dr. Blanchard on her cell phone after hours. Text and photos are sometimes helpful after hours. The cell phone number to reach Dr. Blanchard is: (757)\_\_\_\_\_.

#### Continuing Care:

- ☐ Antibiotic prescribed:\_\_\_\_\_
- ☐ No follow up appointment
- ☐ Follow up appointment:\_\_\_\_\_

\_\_\_\_\_  
Patient Name

\_\_\_\_\_  
Date