

INSTRUCTIONS AFTER REMOVAL OF MULTIPLE TEETH (Jay Haddad, DDS)

A small amount of bleeding is to be expected following the operation. If bleeding occurs, place a gauze pad directly over the bleeding socket and apply biting pressure for 30 minutes. If bleeding continues, a moist tea bag can be used for 30 minutes. If bleeding occurs, avoid hot liquids, exercise, and elevate the head. If bleeding persists, call the office immediately. Do not remove immediate denture unless the bleeding is severe. Expect some oozing around the side of the denture.

Use ice packs on the same side of the face as the operated area. Apply ice for the first 24 hours only.

For mild to moderate pain use Ibuprofen (Advil, Motrin) 200mg, two tablets every four hours.

For severe pain, use the prescription given to you. If the pain does not begin to subside in two days, or increases after two days, please call the office. If an antibiotic has been prescribed, finish your prescription regardless of your symptoms.

Drink plenty of fluids. If many teeth have been extracted, the blood lost at this time needs to be replaced. Drink at least six glasses of liquid the first day.

Do not rinse your mouth for the first post-operative day, or while there is bleeding. After the first day, use a warm salt-water rinse every four hours and following meals to flush out particles of food and debris that may lodge in the operated area. (Half teaspoon of salt in a glass of lukewarm water.). After you have seen your dentist for denture adjustment, take out denture and rinse three to four times a day.

Restrict your diet to liquids and soft foods that are comfortable for you to eat. As the wounds heal, you will be able to advance your diet.

The removal of many teeth at one time is quite different than the extraction of one or two teeth. In most cases, during teeth removal, the bone must be shaped and smoothed to accommodate to the denture, the following conditions may occur (all of which are considered normal):

- The area operated on will swell, reaching a maximum in two-three days. If an immediate denture is place, you will be instructed to wear the denture continuously for 24 hours if possible for approximately a week unless otherwise instructed. You will be instructed by the Doctor to remove the denture for 2-4 minutes only for rinsing twice daily, and replacing into your mouth until seen by Dr. Haddad or your Dentist. Leaving the denture out longer than prescribed for the first 72 hours will cause difficulty in re-insertion of denture due to swelling. Swelling and discoloration around the face and eyes may occur. The application of a moist warm towel will help eliminate the discoloration. The towel should be applied continuously for as long as tolerable beginning 24-48 hours after surgery (remember ice packs are used for the first 24 hours).
- A sore throat may develop. The muscles of the throat are near the extraction sites. Swelling into the throat muscles can cause pain. This is normal and should subside in two to three days.
- If the corners of the mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment like Vaseline.

If immediate dentures have been inserted, sore spots may develop. In most cases, your dentist will see you within 24-48 hours after surgery and make the necessary adjustments to relieve those sore spots. Failure to do so may result in severe denture sores, which may prolong the healing process.