

Jeffrey Riggs, DDS Post Op Instructions

1. Gauze Packs - Please remove gauze packs from mouth after one hour.
2. Mouth Rinse - DO NOT rinse vigorously or spit during the first 48 hours. After this, rinsing with a solution (1 part table salt, 1 part hydrogen peroxide, 1 glass warm water) 5-6 times per day will aid healing. Begin brushing teeth 48 hours after surgery using a soft tooth brushing stroke.
3. Ice Bag - Use of an ice bag over the operated area for 48-72 hours will help control swelling, bleeding and pain. After 72 hours use a warm, moist compress to help control swelling.
4. Pain - Take prescribed pain medication as soon as possible after leaving the office. Your prescription should be used as directed if pain is severe. If this makes you feel nauseated, discontinue and substitute aspirin or Tylenol. Do not drive or operate machinery while taking prescription pain medication.
5. Bleeding - Some bleeding following the extraction of teeth is to be expected. Tooth sockets may continue to ooze a little during the night and even through out the next day. If the bleeding seems to be excessive, there are several things you can do. First, rinse the mouth with cold water to remove any superficial masses of clotted blood. Then place a lightly folded piece of clean, moist gauze over the bleeding area using enough gauze to apply firm pressure to the tissues when jaws are closed. Maintain pressure with the gauze pack for a full 20 min. If this does not control the bleeding, wrap a moist tea bag in the gauze, place over the socket, and bite firmly. If these measures fail to arrest the bleeding, do not hesitate to call the office or doctor.
6. Swelling - Swelling is to be expected where extensive surgery has been performed. Swelling can increase for three days following surgery. If such swelling persists for an extended period of time, it should be brought to our attention.
7. Numbness - Numbness of the lower lip is not uncommon following surgery in the lower jaw region. This is usually transient, but may be prolonged in difficult surgical cases.
8. Rest and Nourishment - Frequent small meals or nourishing liquids and soft foods is encouraged. Fruit juices, milk, and protein foods promote healing. Avoid drinking through a straw and no smoking for at least 48 hours.
9. Nausea - Is occasionally caused by swallowing blood, but may be due to the pain medication. Discontinue medication and substitute Bufferin, or call the office for another prescription. Restrict diet to non-fat liquids like tea or carbonated beverages.
10. Discoloration - Of the skin is frequently seen in patients who "bruise" easily. It is due to bleeding from the operative site into the tissues. ?