

AFTER SURGERY INSTRUCTIONS

1. Bite on gauze for at least 60 minutes after surgery.
2. It is OK to bite on gauze longer than one hour at a time if needed to control bleeding. Changing the gauze too often disturbs the clot and prolongs bleeding. The fewer gauze changes the better! Make sure gauze is damp before putting it in the mouth.
3. Do not smoke, spit or drink through a straw for **at least** 72 hours, as this may cause the blood clot to be lost resulting in a *painful dry socket*.
4. Maintain your normal brushing and flossing habits for the rest of your teeth but be careful when cleaning teeth near the extraction site. We want the clot to stay!
5. For the quickest recovery, rest is **essential** for the first 24 hours. Even if you feel good, too much activity too soon will result in discomfort later on and delayed healing.
6. If directed to do so, ice packs should be applied directly to the facial area over the surgical site. Alternately apply 20 minutes then remove for 20 minutes for the first six hours.
7. If directed to do so, return for suture removal and/or post-operative evaluation.
8. If you have any questions or unexpected problems please call our office at 743-4851 or call the respective dentist at home.

Dr. Kuhlman – (989)723-5386 and press “#” – you are an invited caller

Dr. Rennick – (989)723-1733

Dr. Bundy – (810) 247-1314

Remember, you have just undergone a surgical procedure and the greatest care should be taken to follow the above instructions. By following the instructions, you will minimize the chances of post-operative problems.

For stronger relief, you may use a 400 – 600 mg of ibuprofen type medication **combined** with 1000 mg Tylenol (acetaminophen) together **at the same time**. The two medications add together for maximum pain control. They do not conflict.

Take all medications as directed.