



POST-OPERATIVE INSTRUCTIONS FOR EXTRACTIONS/ORAL SURGERY

Patient: _____ Date: _____

Your child had the following procedure performed today: Extraction Exposure of unerupted tooth
 Gingivectomy Other: _____

This will require special care and attention over the next few days. Please follow the instructions checked below. Contact us with questions or if unusual symptoms develop.

- Healing:** With normal healing of the surgical area, there will be color changes. It is normal to observe colors from gray to white progressing to red or pink over several days.
- Numbness:** The mouth will be numb approximately 2-4 hours. It is common for children to cry or be frightened by the **numb sensation of the local anesthesia. Many children describe this sensation as a "hurt".** Watch to see that your child does not bite, scratch, or injure the cheek, lips, or tongue during this time.
- Bleeding:** Bleeding was controlled before we discharged your child, but some occasional oozing (pink or blood-tinged saliva) may occur. Hold gauze with firm pressure against the surgical site until oozing has stopped. You may need to change the gauze or repeat this step. You may also apply a moistened tea bag. If bleeding continues for more than 2 hours, contact us.
- Surgical Site Care:** Today, do **NOT** disturb the surgical site. Do **NOT** stretch the lips or cheeks to look at the area. Do not rinse vigorously, use mouthwash, or probe the area with fingers or other objects. Beginning tomorrow, you may rinse with warm salt water (½ teaspoon salt with 1 cup warm water) after meals.
- Sutures:** Sutures (stitches) were placed to help control bleeding and promote healing. These sutures:
 - will dissolve and do not need to be removed OR will be removed at your follow-up visit.If the stitches come out during the first 48 hours, call our office.
- Daily Activities:** Today, avoid physical exercise and exertion. Return to normal activities as tolerated. Smoking is never good for one's health and may delay healing following oral surgery.
- Diet:** Soft foods high in protein, vitamins, and calories are ideal the first day (eg, pasta, ice cream, yogurt, Gatorade®, milkshakes, protein drinks, hamburger). Do not skip meals. After all bleeding has stopped, your child may drink cool non-carbonated liquids but should NOT use a straw for 24 hours. Encourage fluids to help avoid dehydration. By the second day, consistency of foods can progress as tolerated. Until healing is more established, avoid foods such as nuts, sunflower seeds, and popcorn that may get lodged in the surgical areas.
- Oral Hygiene:** Keeping the mouth clean is essential. Resume brushing tomorrow, but avoid stimulating the surgical areas. Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean the teeth within the bounds of comfort.
- Pain:** Because some discomfort is expected, we recommend your child receive an analgesic before the numbness wears off. We prefer ibuprofen (Motrin®) be administered every 6-8 hours for 24-48 hours after dental treatment. Another option is acetaminophen (Tylenol®) given every 4 hours or alternate between ibuprofen and acetaminophen. Do **NOT** give aspirin to your child. Follow the instructions on the bottle for dosing based upon your child's age/weight.
- Other:** _____

Watch for:

- Swelling:** Slight swelling and inflammation may occur for the next 2 days; discoloration or bruising up to 3 days. If swelling occurs, ice packs may be used for the first 24 hours (10 minutes on then 10 minutes off) to decrease swelling and/or discoloration or bruising. If swelling persists after 24 hours, warm/moist compresses (10 minutes on then 10 minutes off) may help. If swelling occurs after 48 hours, call our office.
- Fever:** A slight fever (temperature to 100.5°F) is not uncommon the first 48 hours after surgery. If a higher fever develops or the fever persists, call our office.
- Dry Socket:** Premature dissolving or loss of a blood clot following removal of a permanent tooth may result in a "dry socket". This typically occurs on the 3rd to 5th day after the extraction, with a persistent throbbing pain in the jaw or ear. Call our office if this occurs.

**IF THERE ARE ANY CONCERNS OR QUESTIONS, PLEASE FEEL FREE TO CONTACT OUR OFFICE.
AFTER HOURS, CONTACT DR. MURRAY-CLARY: (785) 273-0481 OR (785) 221-0954.**

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