

What to Expect After Your Dental Surgery

After-effects of oral surgery are quite variable. Some discomfort, bleeding and/or swelling are expected after dental surgery. Please follow the following guidelines which will speed healing and relieve discomfort:

Pain Relief

- A safe pain relief medication called **Exparel** is injected in the surgical site at the completion of surgery, unless you have opted to waive it.
- **Exparel** will provide 3-5 days of non-opioid pain relief. **It may take a few hours to activate. It is a good idea to take a dose of Ibuprofen immediately when you get home to help with controlling pain and decreasing inflammation.
- The combination of Ibuprofen and Tylenol is more effective for dental pain than narcotic pain relievers. If you are not allergic to either of these medications, follow these rules:
 - Take 800mg of Advil (ibuprofen) immediately following surgery to manage pain while your anesthetic wears off and the Exparel begins to activate. You may take this every 8 hours as needed.
 - 3 hours after your first dose of Ibuprofen, you may take 600 mg of Tylenol (acetaminophen) if you require additional pain control. You may take it every 6 hours.
- You may be prescribed an antibiotic. ANTIBIOTIC PRESCRIPTIONS WILL BE SENT TO THE PHARMACY AT AROUND 4 PM daily. You may begin this regimen the next day.
- Take medications with food to prevent an upset stomach.

Bleeding

- Bleeding after surgery is normal. Oozing may continue for several hours.
- To control bleeding, place a fresh, moistened gauze over the surgical area and bite gently for 30-60 minutes. Reapply as needed for the next few hours.
- You should notice a considerable decrease in bleeding within the first 6-12 hours. If bleeding increases after this point, contact our office immediately at **865-539-1776**.
- **Do not swish** with water or any other liquid for 48 hours. After 48 hours, you may use a gentle non-alcohol rinse such as Clo-Sys.
- Avoid exertion for the next two days.

Swelling

- Swelling is expected. **It may increase for up to 3-4 days following surgery and take an additional 7-10 days to resolve.**
- Application of a cold compress on the side of your face within the first 12-24 hours will help decrease swelling. 15 minutes on/15 minutes off.
- Do not exercise for 2 days - it may increase the swelling.
- You can help reduce swelling further by allowing very cold water or ice to rest over the surgical area for a few minutes. Repeat this once or twice an hour as needed.
- Elevate your head while sleeping for the first 2 nights (an extra pillow is sufficient).

Diet

- Do **not** drink through a straw. Suction may dislodge clots and prevent healing.
- Restrict your diet to fluids or very soft foods for the first 24 hours.
 - (Ice cream, eggs, yogurt, soup, pasta)
- Avoid hot food or drinks for 24 hours.
- Stay hydrated. Drink eight, 8-ounce glasses of water or juice for the first few days.
 - Vitamin C aids in healing (orange juice, tomato juice, etc.)
- Avoid smoking and alcohol consumption. The chemicals and heat from smoking are detrimental to healing.

Oral Hygiene

- After surgery it is very important to reduce bacterial levels in your mouth to prevent infection..
- The day of surgery, you may very gently brush teeth in the area that was treated. Brush other areas normally. DO NOT SPIT VIGOROUSLY.
- The day following surgery you may use warm salt-water rinse (1 teaspoon in 8 oz of water) 3 times per day or after every meal. Continue for 7 days. .
- Do not touch, prod, poke or pull at the surgery site. Leave it alone. Do not use a waterpik or electric toothbrush for at least 2 weeks.

Special Notes

- The doctor may have placed multiple layers of PRF (a platelet rich fibrin plug) which appears white. Do not be alarmed if you see small pieces of white material dislodge from the site.
- Sutures and surgical glue may lift a little as well. If you are concerned, please call us.
- It can take up to a year for bone to fill an extraction site, do not be alarmed if there is a depression in an extraction site for a long period of time.

Post-Operative Visits

- Every surgery is different, but you may require sutures. Non-resorbable sutures will be removed at a post-operative visit 2-3 weeks after surgery.
- Post-operative visits are usually 15-20 minutes in length.
- If you had an implant placed, you will return again in 3 to 6 months for another post-operative visit which will include preparation for fabrication of your implant crown.

We are here to serve and available to answer any questions or concerns you may have. Please contact us at
865-539-1776 for any assistance.