

POST-OPERATIVE DO's & DON'Ts

DO's

1. Do change the gauze every 20-30 minutes until bleeding slows. After a few hours, there will still be some red on the gauze; however, if patient is not still **actively** bleeding, stop using gauze so as to prevent the dry gauze from pulling out the newly-formed blood clot (which will be the consistency of Jell-O). **NOTE: When changing gauze, take 2-3 pieces of gauze and fold into a square. Place rolled part of gauze in each corner of mouth, covering extraction site(s). DO NOT place gauze inside the hole of an extraction site.**
2. Do eat a post-surgery milkshake, protein shake, smoothie or Frosty from Wendy's, and eat only cold and creamy foods until numbness wears off. Eating hot foods or soups while still numb can dislodge blood clots and burn the mouth.
3. Do eat liquid/mushy foods for 5-7 days. Liquid/mushy foods are foods you can swallow without chewing, such as: smoothies, mashed potatoes, pudding, yogurt, Ensure, and milkshakes.
4. Do use a spoon for eating...**NO STRAWS.**
5. Do expect your mouth to be numb for 6-18 hours after surgery.
6. Do eat 15 minutes prior to taking pain medication and antibiotics in order to help prevent nausea.
7. Do expect discomfort and swelling to peak on the third and fourth days.
8. Do return to your general dentist's office in five-to-seven days for your post-op appointment.
9. Do call Dr. De Simone at 972.978.3940 if things are not improving week by week.
10. **DO BEGIN** using irrigation syringe five-to-seven days after surgery. Use prescribed mouth rinse or Listerine Zero in irrigation syringe. **Curved tip of syringe must go in the incision, which is located behind the back teeth between the teeth and the cheek, or in the visible hole left behind from extraction site. Solution from irrigation syringe should be pushed with enough force to empty it within 5-7 seconds.** It may help to take Advil or Ibuprofen 30-40 minutes before patient starts irrigation. Patients will typically start with prescribed mouth rinse, and then switch to Listerine Zero once prescription is empty. **Bleeding after irrigation is normal.** Use syringe every day after each meal for each extraction site for six-to-eight weeks to remove food from the holes. Holes will slowly close-up and get shallower over time.

Important: Pain will peak three days after surgery and will plateau 48 hours after that.

NOTE: Each extraction site is its own individual surgery, so there will likely be one site that hurts more while healing than the others (typically a lower/bottom site). If any of your surgery sites don't feel close to normal within 10 – 14 days then please Call Dr. De Simone at 972.978.3940.

Helpful how-to's for taking medications:

Stagger between Advil and Tylenol every six hours. Take Advil, and wait three hours... then, take one-to-two extra strength Tylenol tablets...then, wait three hours and switch back to Advil...then, wait three more hours, and switch back to Tylenol.

Advil (Ibuprofen) 600 mg = 3 over-the-counter pills

Do NOT take more than 3200mg of Advil/Ibuprofen per day

PLUS

Tylenol (Acetaminophen) 500-1000 mg = 1-2 extra strength pills

Do NOT take more than 3000 mg of Tylenol/Acetaminophen per day

OR

Stagger between Norco and Advil

DON'Ts

1. **Don't hesitate to call Dr. De Simone at 972.978.3940 if things are not improving week-by-week and if surgery sites don't feel close to normal within two weeks.**
2. Don't change-out gauze all day long. **NOTE: See #1 in Do's section above.**
3. **Don't sleep, eat, or drink with gauze in your mouth. THIS IS A CHOKING HAZARD!**
4. Don't leave the patient alone for the first 24 hours – especially with gauze in his/her mouth.
5. Don't allow patient to drive the day of surgery.
6. Don't smoke or dip for seven full days. Don't drink alcohol for 24 hours.
7. Don't blow your nose, or hold in a sneeze for seven full days.
8. Don't miss or skip your post-op appointment five-to-seven days after surgery.

POST-OPERATIVE VIDEOS ONLINE:

- ① Visit www.desimonedds.com
- ② Click-on "Watch Our Videos"