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Devoted to Excellence

Serving with Compassion

PATIENT INSTRUCTIONS FOLLOWING ORAL SURGERY

BLEEDING:

Some bleeding is normal and expected following the extraction of teeth. A sterile gauze has been placed over the extraction site. Keep the teeth closed on the gauze for 30 minutes. Change the gauze every 30 minutes until the bleeding stops. If excessive bleeding continues into the next day, call the office.

SWELLING:

Initial swelling is most likely inflammation. This will resolve on its own. If swelling builds up after a couple of days, an infection may have developed. Call for antibiotics if this happens.

To reduce swelling, apply an ice bag to the jaw for 20 minutes. Remove the ice bag for 20 minutes and then re-apply the ice bag for another 20 minutes. Repeat this procedure until the swelling is reduced. The ice bag should only be used on the day of surgery.

PAIN:

There is usually some discomfort after tooth extraction. If you are expected to have severe pain, a prescription will be written for you. If a little discomfort is experienced, two aspirin, Ibuprofen or Tylenol tablets taken every 4 to 5 hours will relieve it. If the pain does not go away, call the office. We may prescribe you a stronger pain medication than over-the-counter.

DO NOT RINSE YOUR MOUTH FOR THE FIRST 24 HOURS.

After a 24 hour period you may rinse the mouth with a mild salt solution of a half teaspoon salt to a glass of warm water. It is recommended to use a mouth rinse such as Listerine or Peridex. Do not rinse the mouth vigorously for the first two days as this may result in bleeding.

EATING, DRINKING, AND SMOKING:

Refrain from smoking or alcoholic beverages for 24 hours. Smoking and drinking alcohol will delay healing and smoking will increase the possibility of developing a painful dry socket. You do not have to change your diet, but eating softer foods that do not require much chewing work best. Refrain from eating real hot or spicy foods. Taking 1000mg./day of Vitamin C will aid in healing. Refrain from doing a lot of sucking and spitting. Do not drink through a straw until the area has healed. You should continue to brush and floss, just be gentle in the areas of the extraction.

DRY SOCKET:

This is pain from the exposed bone where healing tissue has not yet covered over the bone. We can apply medicated, foam gauze to the site. You may call us to pack this into the socket to soothe the pain. Irrigating with salt water and peroxide also helps to relieve the area. Finally, time will heal the site, but keep in mind it will take longer to heal than the rest of the extraction sites.

PRAYER:

As your dentist, I can create an environment for healing; but I am not the Great Physician. Scientific studies prove that if the doctor, the patient and other loved ones are praying to the Almighty Triune God (Father, Son, and Holy Spirit), the patient will heal better than the patient where none or only one of the above are praying. I will pray for your healing. Would you pray too?