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AFTER SURGERY INSTRUCTIONS

The healing period usually takes 1-2 weeks and you'll likely experience some swelling for the first 24 hrs.

Before the procedure began, you were given an anesthetic to ensure your comfort. This typically leaves your lips, teeth and tongue feeling numb. You should avoid chewing until the numbness has completely worn off.

Some discomfort is normal. An over-the-counter pain reliever, such as Advil or Extra Strength Tylenol, is usually sufficient.

To avoid nausea, do not take prescription pain medication on an empty stomach.

You can decrease pain and swelling by applying an ice pack (a small bag of frozen peas works well), 20 minutes on and 20 minutes off, for the first 24 hours. After 24 hours, use moist heat. A warm, wet wash cloth works nicely.

If you had a tooth extracted, a blood clot will form on the extraction site. This clot is vital to the healing process. To keep the clot intact, avoid touching the extraction site with your tongue or fingers, do not drink liquids through a straw, and do not spit vigorously.

Blowing your nose or sneezing violently can also dislodge the blood clot and impair healing, so if you have an upper respiratory infection or suffer from allergies, be sure to have the appropriate sinus medication on hand.

Do not brush your teeth or rinse your mouth until the next morning.

Keep your head elevated to control bleeding. Avoid all strenuous activity for 24 hours.

Gauze pads should be used until the bleeding stops. Prepare the gauze by folding 2 or 3 squares over twice, then running cold water over it until saturated. Squeeze out the excess, then bite gently but firmly until the bleeding stops completely. Change the pad as necessary. If you run out of gauze a wet tea bag may be used.

Oozing is normal and will gradually taper off.

After 24 hours you may brush and floss the other areas of your mouth.

24 hours after the procedure you can rinse gently with mouthwash or a warm salt water solution (dissolve 1/2 teaspoon of salt in one cup warm water); **gently swish** the solution around the affected area, and **spit carefully**. You should do this two to three times each day for the week

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following the surgery.

If antibiotics were prescribed, finish taking the entire prescribed amount.

Limit your diet to soft foods for the first 48 hours.

Drink a minimum of 8 large glasses of water or fruit juice each day.

Smoking, or allowing food particles to pack into the tooth's socket, should be avoided. Both will significantly affect the healing process.

Notify our office if bleeding persists or increases or if you experience extreme pain.