



RANDOLPH DENTAL
COMPREHENSIVE DENTAL SERVICES

Post Op Instructions for Multiple Teeth

A certain amount of bleeding is to be expected following the extraction of multiple teeth. If bleeding occurs, place gauze provided directly over the bleeding sockets and apply biting pressure for 30 minutes. If bleeding continues, remove and replace the gauze. This may be repeated several times. In multiple extraction situations you can expect bleeding or oozing for most of the day and possibly overnight, as long as the bleeding is not excessive. Moist tea bags can be utilized for 30 minutes to help clot formation. Avoid hot liquids, exercise, and elevate the head. If bleeding persists, call our office immediately.

If a denture has been placed, do not remove unless the bleeding is severe. Expect some oozing around the side of the denture.

Use ice packs (externally) in the areas of the extractions. Apply ice for the first 24 hours only. Apply ice on 10 minutes and off 10 minutes while you are awake.

For mild discomfort use aspirin, Tylenol or any similar medication; two tablets every 3-4 hours. Ibuprofen (Advil, Motrin) 200mg can be taken 2-3 tablets every 4 hours.

With severe pain use the prescription given to you. If your pain level does not begin to subside in 2 days, or increases after 2 days, please call our office. If an antibiotic has been prescribed, finish your prescription regardless of your symptoms.

Drink plenty of fluids. If many teeth have been extracted, the blood lost at this time needs to be replaced. Drink at least six glasses of liquid the first day.

Do not rinse your mouth for the first post-operative day, or while there is bleeding. After the first day, use a warm salt water rinse at least twice/day and following meals to flush out particles of food and debris that may lodge in the operated area. (One half teaspoon of salt in a glass of lukewarm water.) This should be repeated for 4-5 days. Do not use alcohol based mouth rinses (scope-listerine) for 24 hours.

Newly placed dentures can be removed after 24 hours but only for rinsing your mouth. They must be re-inserted right away. Plan on wearing your new denture even while you sleep for a

total 3 days and nights. After that time you will begin leaving them out at night to aid in healing. If sore spots/areas develop please advise our office so that adjustments to the denture can be made.

Restrict your diet to liquids and soft foods, which are comfortable for you to eat. As the wounds heal, you will be able to advance your diet.

The removal of many teeth at one time is quite different than the extraction of one or two teeth. Sometimes additional measures are taken with the bone to shape and smooth prior to the insertion of an immediate denture. The following conditions may occur, all of which are considered normal:

- The area operated on could swell reaching a maximum in 48 hours. For upper teeth, swelling and discoloration around the eye may occur. The application of a moist warm towel will help eliminate the discoloration quicker. The towel should be applied continuously for as long as tolerable beginning 36 hours after surgery (remember ice packs are used for the first 24 hours only).
- A sore throat may develop. The muscles of the throat are near the extraction sites. Swelling into the throat muscles can cause pain. This is normal and should subside in 2-3 days.
- If the corners of the mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment like Vaseline.
- There may be a slight elevation of temperature for 24-48 hours. If temperature continues, notify our office.
- Sutures may have been placed that are helping to promote healing. If they are dissolvable, they will begin to breakdown over the course of several days. Non dissolvable sutures must be removed in approximately seven days.

Please advise our office immediately if you encounter any issues with medications prescribed.

Emergency contact # 1-800-401-9298