

## POST OPERATIVE INSTRUCTIONS

**NEW LIFE DENTAL CENTER**  
DR. HOUSTON KER D.D.S. & ASSOCIATES  
1881 N. CC Hwy \* Nixa, MO 65714  
Phone: 417-725-4746

### **POST OPERATIVE INSTRUCTIONS**

Cleanliness of the mouth is absolutely essential. Faithful compliance with these instructions will help prevent postoperative complications, add to your comfort, and hasten your recovery.

#### **MOUTH RINSES**

***DO NOT RINSE MOUTH TODAY!!!*** On the day following surgery, rinse mouth every 3 hours with warm salt water. (1-teaspoon table salt in full glass of warm water). Continue warm salt-water mouth rinse 3 or 4 times a day for 7 days following extractions or surgery.

#### **DIET**

Hot or cold liquid and soft foods as tolerated. Diet should be sufficient to keep strength and aid in recovery. Keep fluid intake up, drink plenty of water, eat Jell-O, beef broth, soups, custards, etc. ***DO NOT USE A STRAW!!!***

#### **ICE PACKS**

***ON DAY OF EXTRACTIONS OR SURGERY ONLY:*** Take ice pack or zip-lock bag and fill it with crushed ice, wrap in bath towel, and place on jaw as instructed. Allow to remain 20 minutes on and 20 minutes off. This procedure is to be followed for remainder of entire day the surgery is performed.

#### **EXCESSIVE BLEEDING**

Use double thickness of sterile gauze or clean muslin. Fold to size of index finger, double, and place directly over area of bleeding. Hold pressure by biting firmly on gauze for approximately two hours. Pressure should stop excessive bleeding. Also using a moist tea bag will help stop excessive bleeding. Make sure when laying down you have at least one pillow under your head. (Lying flat can cause bleeding to continue). No stooping over, bending over or lifting for 24 hours. If you had upper extractions do not blow your nose for at least 48 hours.

#### **PAIN**

You have been given one or two prescriptions. This medicine for pain relief is to be taken within 30 minutes following surgery. Do not wait until pain begins to take your first dose of medicine. After the first dose, take medicine as directed. If you are unable to get relief from medicine prescribed within 2 or 3 hours, call the Doctor. If you have not received your prescription, call us at once.

#### **GENERAL COMMENTS**

Sometimes there is swelling and discoloration following surgical procedures, bleeding sometimes continues for a short time beneath the tissues, or at the site of the sutures. This may cause swelling of the tissues of the face. This swelling is followed by discoloration. This is a perfectly normal postoperative event, and you should not be worried if this happens in your particular case.

#### **SMOKING AND DRINKING**

***SMOKING AND DRINKING ALCOHOL SHOULD BE DISCONTINUED FOR AT LEAST 48 HOURS FOLLOWING EXTRACTIONS OR SURGERY!!!!***

#### **IMMEDIATE DENTURES AND PARTIALS**

If you received an immediate denture or partial the following would apply:

1. Leave them in for 24 hours before removing. They are part of your bandage. You'll need to wipe off the oozing, or gently rinse around the denture. ***DO NOT TAKE OUT FOR 24 HOURS.***
2. After 24 hours take the dentures or partial out and clean them. Clean your remaining teeth if any, brush your denture or partial off and put them back in your mouth immediately.
3. Eat what you feel like. We suggest soft food.
4. Clean your denture and particularly a partial after each meal. You can clean your denture or partial with toothpaste of your choice. Once a week soak them for 2-3 hours in vinegar. This will help keep the calcium deposits off your denture.
5. It is normal to get some sore spots. Get them red enough for us to see and call for an appointment for us to adjust your denture or partial.
6. We will take your sutures out in a week and reline your denture after 30 days (you need to make an appointment)
7. Take your pain pills and/or antibiotics as directed.
8. If you need to use denture adhesive, that is fine. However, do NOT put any adhesive over your sutures (stitches) and do not use ANY when coming to the office for any appointment.