

**Robert S. Attia, DMD**  
Practice Limited to Oral & Maxillofacial Surgery  
282 Rucker Road, Suite 110  
Alpharetta, GA 30004  
Telephone 770-992-4844

## **POST-OPERATIVE INSTRUCTIONS**

The extraction of Erupted Teeth or the Removal of Impacted Teeth is a Surgical Procedure. The following instructions **must be followed**:

1. Bite on gauze for 30 minutes. **DO NOT CHEW** on the gauze. **DO NOT SPIT**. Spitting will cause more bleeding. Excess saliva and a **little blood** appear as a lot of bleeding.
2. **DO NOT SMOKE** for six hours. **DO NOT USE A STRAW** for 24 hours.
3. To prevent bleeding and swelling keep your head elevated on 2 or 3 pillows while you rest and /or sleep. The wound may bleed slightly for one or two days. This is normal. If bleeding persists or if bleeding is excessive, notify me.
4. Brush remaining teeth 3 times daily, but don't rinse or use a mouthwash the day of surgery.
5. **Maintain a Proper Diet**. Have your meals at the usual time. Eat soft, nutritious foods and drink plenty of liquids with meals and in between. Have what you wish, but be careful not to disturb the blood clot. Add solid foods to your diet as soon as they are comfortable to chew.
6. **To minimize swelling: Immediately** following the procedure apply an ice bag over the affected area. Use 20 minutes on and 20 minutes off to help prevent development of excessive swelling and discomfort. If an ice bag is unavailable, simply fill a heavy plastic bag with crushed ice, tie securely and cover with a soft cloth to avoid skin irritation. **After the first 24 hours, if you still have some minor swelling, use warm, moist heat compresses to relieve swelling.**
7. Warm salt water rinses should begin the **day after** surgery, and continue for at least a week after having your procedure; rinsing after meals when possible and most importantly, before bed time.

## THE FOLLOWING CONDITIONS MAY OCCUR

1. The area on which the procedure occurred may swell and the swelling may become quite large.
2. Trismus (tightness) of the muscles may cause difficulty in opening the mouth.
3. You may have a slight earache or sore throat.
4. A discoloration may develop over the side of the face and neck.
5. Numbness of the lip or the tongue may occur on the side from which the tooth was removed. This is called "Parasthesia" and is a temporary condition that will correct itself. It may remain from a few days to a few months.
6. Your other teeth will possibly ache. We refer to this as sympathetic pain and is a temporary condition.
7. If the corners of the mouth are stretched they may dry out and crack. Your lips should be kept moist with a cream or ointment.
8. ***There will be a cavity in the jaw where the tooth was removed. This area should be rinsed following meals with warm salt water, (beginning the day after surgery). This cavity gradually will fill in with new tissue.***
9. There may be a slight elevation of temperature (Fever) for 24 to 48 hours. If the fever continues, notify me.
10. You will be given a prescription to relieve pain, muscle soreness, swelling and nervousness depending on your particular need. Follow the directions on the box or bottle carefully. Do not let anyone else use this prescription.
11. If unusual problems arise and the office is closed, contact me through my service at 770-992-4844.

(Post op Instructions)