

Sunshine Dental Care  
28755 Dequindre Rd.  
Madison Height, MI, 48071  
Tel: 248-399-4011  
Text Message: 248-270-5988



## EXTRACTION/SURGERY POST-OPERATIVE PATIENT INSTRUCTIONS

A few days after the extraction of a tooth or other surgery, the wound heals to the point when normal functioning can begin. In the meantime, follow a few guidelines to help promote healing, to prevent complications and to stay comfortable.

**BLEEDING:** A gauze pack will be placed on the extraction or surgery site to limit bleeding and confine the blood while clotting takes place. This gauze pack should be left in place for 30 minutes after leaving the dental office. **MAINTAIN FIRM BITING PRESSURE ON THE PACK - DO NOT CHEW ON THE PACK.** If bleeding or oozing continues after the pack is removed, follow these instructions:

1. Fold a piece of clean gauze into a pad thick enough to bite on. Dampen the gauze pad and place it directly on the bleeding area.
2. Apply moderate pressure to the area by closing the teeth firmly on the gauze pad. Maintain this pressure for 30 minutes. Repeat if necessary (pressure stops bleeding).
3. Do not suck on the extraction site (sucking may cause bleeding).
4. Do not forcefully spit. Ooze is normal for up to 24 hours. A lot of saliva and a little blood may look like a lot of bleeding. Allow the saliva to run out of the mouth and then wipe with a tissue.

**SWELLING:** After the surgery, there may be some discomfort and swelling. To reduce discomfort and swelling:

1. Apply a cold pack to the affected area of the face for 20 minutes and then leave the cold pack off the affected area for 20 minutes. Repeat during the first 12-24 hours after the surgery.
2. After 24 hours, rinse gently with warm salt water (1/2 teaspoon of table salt in 10 ounces of warm water) 4 to 6 times a day. Rinse after every meal.
3. After 48 hours (on the third day), apply a warm damp towel to the swollen area of the face for 20 minutes and then leave the warm damp towel off the swollen area for 20 minutes. Repeat for 12-24 hours.

**STIFFNESS:** Stiffness is a natural reaction of the body to surgery. Mouth opening exercises can help to overcome stiffness. If stiffness seems prolonged, contact us.

**ACTIVITY:** After the surgery, a blood clot forms in the area. This clot is part of the normal healing process. It is important to avoid activity that might disturb the clot. Protect the clot and promote healing by:

1. Avoid smoking, forceful mouth rinsing, drinking any liquid with a straw or drinking carbonated beverages for at least 24 hours after the surgery. These activities create suction in the mouth that may dislodge the clot and delay healing.
2. Do not clean the teeth next to the surgery site for the rest of the day after the surgery. Brush and floss the other teeth thoroughly.
3. Limit strenuous activity for 48 to 72 hours after the surgery. This will reduce bleeding and help the blood clot to form.

**DIET:** After the surgery, drink lots of fluids and eat soft nutritious foods. Do not drink alcohol or hot liquids. Begin a diet with a sweet liquid such as apple juice and then continue with broth or tea. Advance gradually to a soft diet. Eat a normal diet when it feels comfortable. Do not skip meals.

**PRESCRIPTIONS:** Medication may be prescribed to help control pain and prevent infection. Take the medication(s) as prescribed. Do not drink alcohol, drive or perform activity that you will be held responsible for while taking narcotic medications (such as Norco, Tylenol #3, etc.).

**SEDATION:** If you/the patient were sedated, you/the patient must not drink alcohol, drive a car, operate machinery or undertake responsibility or business matters for the next 24 to 48 hours after sedation because the medication may affect judgment.

Pain peak occurrence is 12 hours after surgery. Pain diminishes rapidly and rarely persists longer than 2-3 days. Swelling begins to subside after the third or fourth day and typically resolves by the end of the first week. If there is prolonged or severe pain, swelling, fever, jaw stiffness or a very foul taste in the mouth, call the appropriate emergency phone number. The doctor will give instructions on how to care for the problem.

**After Hours Emergency Contact Phone Number: 248-270-5988**

### REQUIRED SIGNATURES:

Patient

Witness

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### 拔牙/手术后注意事项

拔牙或其他手术几天后，伤口开始愈合并逐渐向正常情况发展。与此同时，倘若你遵循一些注意事项便可更好地预防并发症并让自己不会产生太多不适。

**出血:**在拔牙或手术部位放置纱布，咬住纱布 30 分钟以减少出血并加速凝血。如果取出纱布后有出血或渗血请按照以下说明操作：

- 1.将一块干净的纱布折叠成足够厚的垫子，放在出血区域并咬紧30分钟，必要时重复（压力止血）。
- 2.不要吮吸拔牙部位,这样可能会导致出血。
- 3.不要用力吐口水。24小时内渗出血丝都是正常的。有时大量的唾液和一点血液可能看起来会像很多出血。让唾液流出嘴巴,然后用纸巾擦拭。

**肿胀:**手术后，可能会有一些不适和肿胀。为了减少不适和肿胀：

- 1.将冷敷袋敷在面部患处20分钟，然后将冷敷袋离开患处20分钟。在手术后的前12-24小时内重复。
2. 24小时后，每天用温盐水（1/2茶匙食盐在10盎司温水中）轻轻漱口4至6次。特别是餐后需要清洗。
3. 48小时后（第三天），将温热的湿毛巾敷在面部肿胀区域20分钟，然后将温暖的湿毛巾从肿胀区域移开20分钟。重复12-24小时。

**僵硬:**僵硬是身体对手术的自然反应。张嘴练习可以帮助克服。如果僵硬时间过长，比如超过48小时，请联系我们。

**活动:**手术后，该区域形成血凝块。这个凝块对正常愈合很重要。可通过以下方式保护凝块促进愈合：

1. 术后至少24小时内避免吸烟、用力漱口、用吸管饮用任何液体或饮用碳酸饮料。这些活动在口腔中产生吸力，可能会使血凝块移位并延迟愈合。
2. 手术后当天不要清洁手术部位旁边的牙齿。但是可以使用牙刷和牙线清洁其他牙齿。
3. 手术后48至72小时内限制剧烈活动。这将减少出血并帮助形成血凝块。

**饮食:**手术后，多喝水，吃柔软的营养食物。不要喝酒或热的饮料。从苹果汁等甜味液体开始饮食，然后喝肉桂茶。逐渐发展到软饮食。在感觉舒适的时候吃正常的饮食。不要不吃饭。

**处方:**可以开药来帮助控制疼痛和预防感染。遵医嘱服药。

**镇静:**如果您/患者使用了镇静剂，在镇静后24至48小时内不得饮酒，驾驶汽车，操作机器或承担责任或业务事宜，因为药物可能会影响判断。疼痛高峰发生在手术后 12 小时。12小时后疼痛会迅速减轻，很少持续超过2-3天。肿胀在第三天或第四天后开始消退，通常在一周后完全消退。如果口腔出现长时间剧烈疼痛、肿胀、发烧、下颌僵硬或非常难闻的味道，请拨打相应的紧急电话号码，医生将指导你该如何处理。下班后紧急联系电话：248-270-5988

签名：

病人

证人