Platinum Touch Oral and facial Surgery

Post- Op Sedation Instructions

It is important that you follow these instructions very closely.

- After tooth extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process although we may have placed a dissolvable material in the extraction area to assist with clotting. It is recommended that you firmly bite on the gauze pad for 30 to 45 minutes Following the procedure.

- We will also give you a package of gauze to take with you to use at home. If the bleeding should continue. Should you need to use the gauze at home, remember to roll it into a ball large enough to cover the wound and **moisten with water** gently place gauze over the extraction site and hold firmly in place by biting or with finger pressure for about *20- 30 minutes*

- After the blood clot forms, it is important not to disturb or dislodge the clot, especially for the first 24 hours. **Do Not smoke suck through a strong rinse vigorously or brush near the extraction site for one to two days.**

- Reduce exercise for the first 24 hours this will keep blood pressure lower, which will reduce bleeding from the extraction site

- To reduce swelling place an ice pack or zip lock baggie with ice and water against the cheek adjacent to the affected area apply alternately 20 minutes on then 20 minutes off. This is most effective if performed during the first 12 hours post extraction the swelling should subside after 48- 72 hours

- In some cases, prescription pain medication may be prescribed. Please take only as directed and do not drive or operate machinery if taking narcotic medications. **If antibiotics are prescribed to continue to take them for the indicated length of time even if signs and symptoms of infection are gone.**

- **Rinsing:** After 24 hours, gently rinse your mouth with prescribed mouth wash twice daily. Also rinse with warm salt water (1 teaspoon of salt in a cup of warm water and let it drool out) eight times a day until your pos-op appointment. Rinsing after a meal will help prevent food accumulation in the extraction site.

- Drink lots of fluids and eat soft food on the opposite side of the extraction site avoid alcohol, alcoholic beverages, and hot or spicy foods. You may resume normal eating as soon as you are comfortable.

- Sutures (stitches) may have been placed to help control, bleeding and promote healing these sutures:

❑ Will dissolve and do not need to be removed OR
❑ will be removed at your follow up visit

If the stitches come out during the first 48 hours, please call our office

- Contact the office immediately if you have heavy uncontrolled bleeding; severe pain continues swelling after 2 to 3 days or a reaction to the medication's prescribed. The office number is.

(832) 899-5777

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