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## **AFTER EXPOSURE OF AN IMPACTED TOOTH**

### **Bleeding**

A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon. If necessary, apply pressure to stop the bleeding by placing the gauze directly over the surgical site. To keep the pressure that is needed to control the bleeding, you should not talk. Carefully remove and place new gauze pads every 20 to 30 minutes as bleeding continues. The assistant will show you how to change the gauze. When changing the gauze, observe the area for bleeding. If it is still bleeding, place new gauze. If it is just seepage, you may leave the gauze out. Use your judgment in deciding if you need more changes. If bleeding does not subside, call for further instructions. You can not eat, sleep, or drink with gauze in your mouth.

### **Swelling**

Swelling is a normal occurrence after surgery. To minimize swelling, apply ice packs to your face for the first 24-48 hours to reduce swelling. The ice packs should be used at 20 minute intervals (20 minutes on and 20 minutes off).

### **Diet**

Drink plenty of fluids. Do not use a straw. Avoid hot and/or spicy liquids or food. Keep your diet soft the day of surgery—yogurt, pudding, applesauce, ice cream, mashed potatoes, Ensure<sup>®</sup> and/or Boost<sup>®</sup> liquid meals. The next day, you can resume your normal diet if healing allows, just avoid chewing in the area of the surgical site. Avoid hard or crunchy foods such as chips and pretzels. Also avoid foods that have seeds and skins.

### **Medications**

For any pain after surgery, for **adults** we suggest starting with 600mg of Ibuprofen (Advil<sup>®</sup>, Motrin<sup>®</sup>) *plus* 500mg of Acetaminophen (Tylenol<sup>®</sup> extra strength) taken together every 4–6 hours as needed. For **adults weighing under 100 lbs.**, the dosage of Tylenol<sup>®</sup> extra strength should be adjusted to 5mg/lb.--For example: A 90-lb. adult should take no more than 450mg of Tylenol<sup>®</sup> (5mg x 90-lbs.=450mg) every 4-6 hours, and less depending on weight. For Advil<sup>®</sup>, the suggested dose under 100 lbs. is 200-400mg every 4-6 hours. For **children under the age of 12**, we suggest starting with Children's Ibuprofen (Children's Advil<sup>®</sup>, Children's Motrin<sup>®</sup>) *plus* Children's Acetaminophen (Children's Tylenol<sup>®</sup>) taken as directed on the packaging every 4-6 hours as needed. This combination is all that may be necessary to relieve pain. If Dr. Moriconi prescribes a narcotic pain medicine, it is important to follow the instructions on the label for taking it, and generally not on an empty stomach. If antibiotics are prescribed, it is very important to finish the entire course of treatment even if pain and/or swelling are gone.

### **Oral Hygiene**

The day of surgery, after surgery, do not brush your teeth, do not rinse your mouth or spit, do not smoke, and do not use a straw. The day after surgery, you may brush your teeth, being careful of the surgical site, and begin using warm salty water in that area. Continue with warm salty water three or four times a day for five to seven days. This will help keep the area clean and promote faster healing.

### **Activity**

Avoid any exercise or strenuous activity following your surgery. If you lie down, please keep your head elevated.

*It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you. If you have questions about progress, call the office at 215-884-8263. If you need to speak with a doctor and the office is closed, follow the instructions that will be provided on the recording. If you have an emergency and the office is closed, call 911 or proceed to the nearest hospital emergency room.*