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AFTER THE REMOVAL OF MULTIPLE TEETH

A small amount of bleeding is to be expected following the operation. If bleeding occurs, place gauze pads directly over the bleeding socket and apply biting pressure for 30 minutes. If bleeding continues, tea-soaked gauze pads can be used for 30 minutes. If bleeding occurs, avoid hot liquids, exercise, and elevate the head. If bleeding persists, call our office immediately. Do not remove immediate denture unless the bleeding is severe. Expect some oozing around the side of the denture. You can not eat, sleep, or drink with gauze in your mouth.

Use ice packs (externally) on the same side of the face as the operated area. Apply ice for the first 24–48 hours to reduce swelling. Apply ice in 20 minute intervals (20 minutes on and 20 minutes off).

For any pain after surgery, for **adults** we suggest starting with 600mg of Ibuprofen (Advil®, Motrin®) *plus* 500mg of Acetaminophen (Tylenol® extra strength) taken together every 4–6 hours as needed. For **adults weighing under 100 lbs.**, the dosage of Tylenol® extra strength should be adjusted to 5mg/lb.--For example: A 90-lb. adult should take no more than 450mg of Tylenol® (5mg x 90-lbs.=450mg) every 4-6 hours, and less depending on weight. For Advil®, 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®, Children's Motrin®) *plus* Children's Acetaminophen (Children's Tylenol®) 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.

Drink plenty of fluids. If many teeth have been extracted, the blood lost at this time needs to be replaced. Drink at least six glasses of liquid the first day.

Do not rinse your mouth on the day of surgery or while there is bleeding. After the first day, use a warm salt water rinse every 4 hours and following meals to flush out particles of food and debris that may lodge in the operated area. (One half teaspoon of salt in a glass of lukewarm water). After you have seen your dentist for denture adjustment, take out denture and rinse 3 to 4 times a day.

Restrict your diet to liquids and soft foods, which are comfortable for you to eat. As the wounds heal, you will be able to advance your diet.

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

The removal of many teeth at one time is quite different than the extraction of one or two teeth. Because the bone must be shaped and smoothed prior to the insertion of a denture, the following conditions may occur, all of which are considered normal:

- The area operated on may swell reaching a maximum in two days. Swelling and discoloration around the eye may occur. The application of a moist warm towel will help eliminate the discoloration quicker. The towel should be applied continuously for as long as tolerable beginning 36 hours after surgery (remember ice packs are used for the first 24–48 hours only).
- A sore throat may develop. The muscles of the throat are near the extraction sites. Swelling into the throat muscles can cause pain. This is normal and should subside in 2-3 days.
- If the corners of the mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment like Vaseline®. There may be a slight elevation of temperature for 24-48 hours. If temperature continues, notify our office.

If immediate dentures have been inserted, sore spots may develop. In most cases, your dentist will see you within 24-48 hours after surgery and make the necessary adjustments to relieve those sore spots. Failure to do so may result in severe denture sores, which may prolong the healing process.

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.