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AFTER TOOTH EXTRACTION

After tooth extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. That is why we ask you to bite on gauze pads for 30 minutes after the appointment. Apply pressure to stop the bleeding by placing the gauze directly over the extraction 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 heavy bleeding persists, make a strong tea and then dip the gauze in the tea. Place the tea-soaked gauze over the extraction site for 30 minutes. It is very important to apply as much pressure as possible when biting on the gauze. Use more gauze if necessary to achieve this. You can not eat, sleep, or drink with gauze in your mouth.

After the tooth is extracted you may feel some pain and experience some 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).

After surgery on the day of surgery, do not brush your teeth, do not rinse your mouth or spit, do not smoke and do not use a straw. If you do any of the above, you may loosen the blood clot. Remember, if you have a good clot, you have good healing.

The day after surgery, you may start brushing your teeth gently away from the surgical site. Start using warm salty water in that area. Hold the water in that area, do not swish around, being careful not to disturb the blood clot. Continue with warm salty water three or four times a day for five to seven days. This will help to bring more circulation to the area, promoting faster healing.

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 and eat nutritious soft foods on the day of the extraction. You can resume your normal diet as your healing allows.

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

At times, sutures are placed in the area of surgery to minimize post-operative bleeding and to help healing. If you have sutures, you will need to set-up a post-operative appointment to have them removed.

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.