



POSTOPERATIVE INSTRUCTIONS Extraction(s)

Anesthesia

You will likely feel “numb” for the next couple of hours or more. While you’re numb, be especially careful that you don’t bite your lip, cheek, and/or tongue. Significant injury could result without immediate pain because of the local anesthesia that’s present. For this reason, it’s advisable that food products not be consumed until the anesthesia has completely worn off.

Control of Bleeding

Following extractions, some bleeding is to be expected and is normal. The cotton gauze that’s been placed immediately following the extraction(s) is intended to absorb blood and, more importantly, to promote clot formation. Leave the gauze in for the next 30 minutes or so. After waiting this period of time, remove the gauze and carefully dispose of it in a sanitary fashion. If more bleeding occurs, pack more gauze and leave it in for another 15 - 30 minutes. Be sure to use enough gauze so that firm pressure is achieved once inserted (usually 2 gauze squares should be adequate). It’s recommended that the gauze first be wet with water then the excess water wringed out before inserting. Inserting the gauze dry might cause the clot to be removed along with the gauze when the time comes for its removal. Continue to change the gauze every 15 - 30 minutes as needed until the bleeding is controlled. If the gauze has been changed a few times and bleeding is still of concern, then get a tea bag (brown tea such as Lipton) and wet it, wrap a wet gauze around the tea bag, and apply pressure on this. Tea contains tannic acid which will naturally control bleeding. If bleeding continues to be of concern after these measures have been taken, then please call the office. If the office is closed, then contact Dr. Rampi or the dentist on call as directed on the answering machine. In the unlikely event that bleeding seems excessive and your call is not promptly returned, then either check into an emergency clinic or call 911.

Control of Pain (Without a Prescription Pain Killer)

Depending upon the perceived likelihood of pain, Dr. Rampi may or may not have prescribed a prescription pain killer. If a pain killer was not prescribed and discomfort occurs, then begin pain management with an over-the-counter type of pain killer (e.g. one that you might normally take for a headache or any other body ache). If tolerated by the patient, it is recommended that a pain killer be taken that possesses strong anti-inflammatory properties such as ibuprofen (e.g. Motrin, Advil, or Aleve). If the patient does not tolerate these medications (e.g. allergic reaction or a medical condition that precludes the taking of this medication) but does tolerate acetaminophen (e.g. Tylenol), this may be used as well. An ice pack placed on the outside of the face next to where the

pain is localized may help reduce the pain. It is recommended that the ice pack remain in place for five minutes, then off for five minutes, and then repeated as needed. If pain continues and you feel as if you'll need a prescription ordered, then please call the office. If the office is closed, then contact Dr. Rampi or the dentist on call as directed on the answering machine. Before calling, please have available the phone number of the pharmacy where you would like this ordered. Our office number is 407-352-6959.

Control of Pain (With a Prescription Pain Killer)

If a pain killer was prescribed, then take the pain killer only if necessary and only as directed. Most pain killers prescribed at this office are a type of narcotic analgesic and taking this product will likely result in sedation. For this reason, do not take the prescribed medication and then drive, operate heavy machinery, or perform any other operation or function which may be hazardous when reflexes and/or normal judgment may be impaired. Also, do not take this medication along with any other substance that may have sedative properties. Examples of these include alcohol, sedative medications (e.g. Xanax), or sleeping pills. Usually it takes about one hour before the pain killer will be completely effective so anticipate this delay in reaction while waiting for the pain killer to get into your system. An ice pack placed on the outside of the face next to where the pain is localized may help reduce the pain. It is recommended that the ice pack remain in place for five minutes, then off for five minutes, and then repeated as needed. If pain continues to be of concern after these measures have been taken, then please call the office. If the office is closed, then contact Dr. Rampi or the dentist on call as directed on the answering machine. Improperly used, narcotic pain killers can be addictive in nature. For this reason, do not take this type of pain killer unless absolutely necessary. Furthermore, do not expect a narcotic pain killer to be refilled or ordered unless the need is felt justified by Dr. Rampi.

Antibiotics

An antibiotic may have been ordered to reduce infection and/or to reduce the likelihood of postoperative infection. It's important to take the medication exactly as it's prescribed. If you feel as if you're having an adverse reaction to the medication (e.g. rash, hives, etc...) then please call the office and/or contact your medical doctor. If you feel as if you're having or about to have a severe allergic reaction (e.g. anaphylactic shock), then call 911.

Sutures

Sutures may or may not have been required to control bleeding and/or to properly position the gum tissue. If silk sutures were placed it's important that you return as directed for their removal. If gut sutures were placed, then your return is not needed unless directed otherwise by our office. The gut sutures will come out on their own within a few days of placement.

Eating/Drinking

As mentioned earlier, be careful not to bite your lip, cheek, and/or tongue if you go to eat while you're still numb. It is recommended that you not eat until the numbness has completely worn off. When you do go to eat, it is recommended that you restrict your

diet to soft but nutritious foods for the next couple of days. It is recommended that you avoid foods that require forceful chewing, spicy foods, and foods that are crunchy and/or containing a lot of crumbs. Furthermore, you should avoid extremely hot foods and/or beverages for the next couple of days. Do not suck forcefully on a straw as would be required with a milkshake or smoothie. Instead, consume beverages such as these by use of a spoon.

Rinsing

Gently rinse with warm water (preferably warm salt water) after eating and at bedtime. Do not rise too vigorously and do not spit out forcefully. It's suggested to use slightly warm water (but not hot). Mix one-half teaspoon of salt to about one cup of warm water. Do this on the day of the extraction(s) and repeat for the next few days afterwards (or longer if desired).

Brushing Your Teeth

It is recommended that you brush your teeth as usual with the exception of being careful in the area of the extraction site(s) and to be careful to not rinse forcefully or to spit out forcefully while rinsing your mouth.

Pressure/Smoking

Avoid excessive pressure with your mouth whether the pressure is inward or outward. As mentioned above, do not rinse forcefully, spit out forcefully, or suck forcefully (e.g. drinking a milkshake). It's recommended that you don't smoke for a few days following an extraction. If you do smoke within a few days, be sure to keep the suction on the cigarette to a minimum to help minimize the risk of dry socket.

Dry Socket

Dry socket may occur if the blood clot that usually forms to fill in the extraction site is dislodged or doesn't form. If this were to occur, you will develop a sharp continuous pain beginning a day or two after the tooth is removed. If this occurs, there's a paste we can add to help this feel better. If you feel as if you've developed dry socket, then please call the office. If the office is closed, then contact the doctor on call as directed on the answering machine.

Swelling

Swelling will sometimes occur after a tooth is extracted. An ice pack placed on the outside of the face next to where the swelling is localized may help reduce the amount of swelling and discomfort that often accompanies swelling. It is recommended that the ice pack remain in place for five minutes, then off for five minutes, and repeat as needed. Swelling is sometimes a sign of infection. If swelling occurs and an antibiotic was not ordered, then please call the office for directions. If the office is closed, then contact Dr. Rampi or the dentist on call as directed on the answering machine.

Nitrous Oxide Sedation

It's possible that the nitrous oxide sedation was administered during the procedure. If so, the effects of this should be short-lived and will have completely subsided before you are

dismissed. Because nitrous oxide is a sedative, if there are any lingering effects your ability to operate a vehicle safely may be impaired. For this reason, if sedative effects remain once the procedure is completed; do not attempt to leave the office until full and complete function is regained. If the treatment room is needed for the next patient then an assistant will escort you safely to the reception area where you are to rest as long as necessary in order for the sedative effects to completely subside. If necessary, we can and will arrange for an alternative means of transportation.

Immediate Placement of a Prosthesis (e.g. Full or Partial Denture)

If a full or partial denture was placed immediately following the extraction(s), do not remove this denture at bedtime if at all possible. If left out, swelling and/or discomfort may prevent reinsertion of the prosthesis the next morning. Instead, rinse frequently with warm water (preferably warm salt water) to help clean the area underneath the prosthesis. The denture should be removed for the first time the next morning. Once removed, rinse your mouth with warm salt water and clean the prosthesis thoroughly before reinsertion. The denture should similarly be cleaned at least twice daily (morning and at bedtime). The denture should be left in place while sleeping each night for the first week. After a period of one week, it's advisable that it be removed before sleeping unless directed otherwise by your dentist. While sleeping, the cleaned denture should be stored in water or a prescribed cleaning solution (e.g. Efferdent).

It's typical for the gum tissue and bone to "shrink" as it remodels itself. This will result in a loosening effect as time goes on. In order to provide for a more intimate fit, a reline material needs to be added. For the first six (6) months this is typically accomplished using a chairside reline material (at the office); after six (6) months, it is recommended that the prosthesis be relined at a lab. There is no charge for in-office chairside relines; the fee for a laboratory reline is currently \$250.00. Once the laboratory reline is accomplished, the next reline is not typically required for a period of 3-5 years or more.

General Concerns

If there are any concerns not covered in this writing then please call the office. If the office is closed, then contact Dr. Rampi or the dentist on call as directed on the answering machine. In the extremely rare event that you feel as if you have a medical condition resulting from this procedure which is life threatening, then please call 911. Dr. Rampi's cell phone number is 407-616-5316.

We hope this instruction sheet will be helpful and that your recovery goes well!

Yours in "Guiding the Way"...Dr. Rampi and Staff