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**POSTOPERATIVE INSTRUCTIONS  
FOR TOOTH EXTRACTION**

Rest during the early healing period will permit a more comfortable postoperative course. Try to scale down your normal routine after surgery if you have had more than one tooth extracted.

**COMFORT AND MEDICATIONS**

Comfort will be maintained by taking your pain medication(s) ( ) as prescribed, especially the first three days. Even though a narcotic analgesic may have been prescribed, Dr. Ross recommends the use of ALEVE (naproxen) if you are able to take it (1<sup>st</sup> day: 1 tablet ASAP, 2<sup>nd</sup> tablet 3 hours later; 3<sup>rd</sup> tablet 6 hours after 1<sup>st</sup>; 2<sup>nd</sup> and 3<sup>rd</sup> day follow directions on bottle ).

Take the first dose of pain medication as soon as you arrive home after surgery, but after you have had a chance to eat solid food. To avoid nausea from the pain medication do not eat foods which are difficult to digest, such as dairy products or fatty foods. Taking pain medication with solid food will diminish the medication's tendency to upset your stomach. DO NOT WAIT for discomfort to become severe before taking the pain medication since the pain medication will take some time to become effective. Do not drink alcohol while taking pain medication. DO NOT TAKE pain medication on an empty stomach--nausea can result.

An antibiotic ( ) may have been prescribed. Take it as directed on the label until all tablets or capsules are taken (usually ten days).

**DIET**

It is important to have a nutritious diet, particularly during the initial healing period. Avoid eating on the treated side, if possible, so as not to disrupt or traumatize the wound.

You may eat regular foods. If you cannot chew normally, stay on a soft and/or liquid diet, but be sure it contains enough calories, vitamins, and protein to keep you feeling and healing well. If you can only manage liquids, supplement your diet with liquid diet supplements (such as Nutriment, Sustacal, Metrecal, etc) from your druggist. If your stomach gets upset from the pain medication, stay on a bland diet (jello, bouillon, unspiced carbohydrates, clear fluids), and avoid dairy products and fats until your stomach has settled.

## ORAL HYGIENE

Your usual plaque control procedures should be continued in the non-treated areas of your mouth. Your mouth will feel better and your breath will be better if you can clean well during the first week despite some soreness. You may be prescribed an antibacterial mouth rinse (Peridex or Periogard) to assist in plaque control after surgery. Gently brush the dressing and/or treated area with Q-tip dipped in mouth rinse. The prescription antibacterial rinse is most effective if used after meals and before bed. If you use mouth rinse as a rinse, it may stain your other teeth. Use of an oral irrigator (Water Pik) should be avoided in the surgical area for six to eight weeks.

## SWELLING and DISCOLORATION

Apply ice or a cold pack to the outside of your face, over the treated area fifteen minutes on and fifteen minutes off for the first 24 hours (especially the first 5-8 hours after surgery). A "Baggie" filled with ice and wrapped in a towel works nicely in addition to use of the cold pack we provide. Swelling may not begin until the 2nd day and usually peaks at 72 hours. Discoloration, if it occurs, will take up to two weeks to dissipate.

## BLEEDING

Some blood will stain your saliva. This minor "oozing" is normal.

If continuous bleeding occurs, do the following: thoroughly rinse all blood and blood clots from your mouth. Moisten a tea bag (preferable), gauze pad, or Kleenex tissue. Place one of these moistened bags or pads over the wound and bite down with firm pressure for twenty minutes, WITHOUT removing for inspection.

If bleeding persists, after 20 minutes of continuous pressure, call the office number and page Dr. Ross or call his cell phone (216) 571-3082.

## FEVER

A slight fever or chills may occur. They are of no consequence unless they persist more than 48 hours. A persistent elevated temperature should be reported to the office.

## FUTURE APPOINTMENTS

You will be given an appointment to remove stitches (sutures) 1-2 weeks after surgery. Appointments should be kept as scheduled. Delay in removing sutures can delay healing. If you normally take an antibiotic premedication for dental appointments please be sure to take it at your next appointment.