

Instructions for Self-Care following the Removal of Multiple Teeth

A small amount of bleeding is to be expected following the operation.

If bleeding occurs, place a gauze pad directly over the bleeding socket and apply biting pressure for 30 minutes. If bleeding continues, bite on a moistened black tea bag for 30 minutes. The tannic acid in the black tea helps to form a clot by contracting blood vessels. Avoid hot liquids and exercise and keep your head elevated.

If bleeding persists, call our office immediately.

If an immediate denture was placed, expect some oozing around the side of the denture. Unless the bleeding is severe, do not remove the immediate denture for the first 24 hours.

Use ice packs (externally) on the cheek near the surgical site. Apply ice for the first 36 hours only. Apply ice continuously while you are awake.

For mild discomfort, use Tylenol or ibuprofen (Advil or Motrin) or any similar medication as directed by the manufacturer or Dr. Hayes.

For severe pain, use the prescription given to you. If the pain does not begin to subside after 2 days or increases after 2 days, please call our office. If an antibiotic has been prescribed, make sure to finish your prescription unless you have an allergic reaction.

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 for the first post-operative day or while there is bleeding. After the first day, use a warm salt water rinse (one teaspoon of salt in one cup of warm water) every 4 hours and following meals to flush out particles of food and debris that may lodge in the operated area. After you have seen your dentist for denture adjustment, take out the denture and rinse 3 to 4 times a day.

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

The removal of many teeth at one time is quite different from the extraction of just 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 will swell, reaching a maximum in two days. Swelling and discoloration around the eyes may occur. The application of a moist warm towel will help eliminate the discoloration. The towel should be applied continuously for as long as is tolerable, beginning 36 hours *after* surgery. (**Remember:** ice packs are used for the first 36 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 to 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 your temperature continues to rise or remains elevated, 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 of surgery to make the necessary adjustments and relieve those sore spots. Failure to do so may result in severe denture sores, which may prolong the healing process.