



JARED E WILLIAMS
DDS

*“Mobile General Dentist
Providing Surgical and Implant Services”*

Post-Operative Instructions (IV Sedation)

Because of the importance to your physical safety and comfort, it is essential that you understand and follow these instructions. If you have any questions or need assistance following your discharge from the office, please call the number listed below.

Restrictions on Activity

1. *When riding home, wear a seatbelt. When you get home, a responsible adult should help you get out of the car and assist you inside. Lie down with your head slightly elevated and rest until the effects of any sedatives have completely worn off. This will usually take until the following morning. Do not attempt to get up and walk without help, even to the bathroom, until you are absolutely sure that the effects of the sedative medications are completely gone. Do not drive a car, operate machinery, or care for small children until the following day.
2. *Do not make important personal or business decisions until tomorrow.
3. *Take the prescribed pain medicine and ibuprofen as soon as possible with something like a milkshake that can be eaten with a spoon so that it is less likely to cause an upset stomach. Take pain reliever and ibuprofen as need and as prescribed.
4. *Return to full activity, including work or school, or the items listed above, when you have not taken pain medicine for 24 hours.
5. Restrict your diet to cold liquids until the numbness from your anesthesia has completely disappeared. **Do not drink with a straw;** the sucking action may dislodge your blood clots. You may eat a regular diet once the feeling has returned in your mouth. Soft foods, which can be easily chewed and swallowed, may be preferred as swelling gets worse. Stay away from seeds, nuts, grains, popcorn, etc. They can get into the extraction site and cause a problem with healing.
6. *If you have any redness or swelling at IV site, place a warm, moist washcloth over the area for 20 minutes at a time until redness subsides. If the symptoms last more than two or three days call the dentist at the number listed below.
7. Keep your mouth closed on the gauze for at least one hour. There will be some oozing of blood from the extraction sites today and later this evening. If there is continued bleeding, fold one of the gauze into quarters moisten it with water, and place it over the area that is bleeding. Close your mouth on the gauze to apply firm pressure. Leave the gauze in place for 20 minutes, and then change it if needed. Remember to place the gauze directly over the place from which the tooth was removed.
8. Apply an ice pack to your cheeks for the first 24 hours to help lessen the swelling. The icepack should be applied intermittently, leaving it on for 20 minutes, and off for 20 minutes. Swelling will usually increase for 2 to 3 days before it begins to go down. Swelling may take one to two weeks to completely disappear, and there may be some bruising of the skin, which appears as the swelling lessens.
9. Do not rinse your mouth or brush your teeth today. Do not spit. Rinsing and spitting may dislodge the new blood clots, which have formed in your extraction sites. This may cause excessive bleeding, pain, and delay your healing.
10. *Do not drink any alcoholic beverages today or at any time while you were taking a narcotic containing pain medication. Do not smoke for at least the next three days. Smoking will significantly delay healing and increase pain.
11. If you had an upper tooth removed, do not blow your nose forcibly today or for the next week. Often there is only a thin membrane, which remains between the tooth socket and the sinus, and this may be opened by blowing your nose forcibly until the healing has occurred.
12. As the extraction site heals, you will probably notice a “hole” which you can feel with your tongue. Tomorrow begin to brush your teeth normally taking care not to disturb the surgical site. Soak your mouth with warm salt water (1/2 teaspoon salt in 8 ounces of water) after meals and before bedtime until the area has healed 72 hours after procedure. If you have been prescribed a mouth rinse, use the salt water first, and then use the medicated rinse. The hole will gradually heal and fill in, so that within approximately 2 weeks it will not be noticeable. Until the site completely heals, the teeth next to it will probably be sensitive to hot and cold.
13. Pain and swelling is usually the worst on the second day after surgery and should gradually decrease. After 72 hours, if the pain is not lessened or should return, may be a sign of a “dry socket.” Some describe the pain is earache feeling, or throbbing sensation. Please call the office for treatment if this should occur.
14. Sutures (stiches) may have been placed across the extraction site to hold the tissues together to minimize bleeding. The sutures will dissolve by themselves, but we may need to see you in about a week to make sure that areas are healing well.

Our phone number is 713-489-8338. Someone is available to answer your questions 24 hours a day. Please do not hesitate to call if you have any questions or concerns. *Instructions for non-surgical procedures.

ANESTHESIA

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