

## Post Operative Instructions

**You might be Prescribed any kind of antibiotics**(Penicillin, Amoxicillin ,erythromycin...) : it's very important that you take your medication on time as prescribed. Antibiotics lose effectiveness if not taken as directed and infection might spread and complications arise. Only stop antibiotics if you show allergic or other adverse reactions to the medication and call office or your pharmacist for more directions.

**You might be prescribed painkillers:** (Advil , ibuprofen ,vicodin..) to get better results for the first day after your visit we recommend to take painkillers before pain starts .do not let pain get serious before taking painkiller as painkillers work best to prevent pain rather to kill it. After the first day you can reduce your pain medication if you think you don't need it. Don't ever place aspirin on your gums to alleviate pain as it burns your gums. Vicodin and some other painkillers might make you drowsy and slow , so avoid driving or other demanding tasks while under influence of these medications .

**If extraction or surgery performed:** follow the given instructions carefully for faster healing and less pain and complications . A little oozing of blood from surgical site is normal for a day or two and might turn your saliva pinkish . Consistent pressing of a gauze on the wound will minimize bleeding . In case of more bleeding that you cannot control by gauze pressure , you can contact us. The area of extraction or surgery need to remain cool and undisturbed so: *avoid hot food or beverages , avoid exercise or activity that increase your body temperature and might increase chance of bleeding or infection, avoid rinsing of surgical site, avoid drinking from straw which might increase bleeding, avoid unknown medications and unproven remedies , avoid smoking as it breaks down the wound natural protection , avoid alcohol consumption,avoid rough and chewy food like tacos..*

**These are the things that help you :***try ice cream or cold drinks , keep surgical site slightly cooler than normal by applying cold pack. Too much cold will cause damage so use cold packs sparsely.*

the skin over the wound need time to close and even more time to thicken and become tough. So for a few weeks it will be tender. During healing you might notice small bony fragments (chips) working their way thru the gums. We can remove them if they become too annoying

**If you have local anesthesia**( Novocaine, injection to numb or deaden your teeth): the anesthesia might last as long as 2-5 hours . Make sure you don't accidentally bite your lips or cheek as they are numb and you cannot feel them. Especially for kids who received anesthesia you need to watch them carefully as they tend to bite themselves and crush the tissue and skin which will be very damaging and painful later. As the numbness goes away you might feel a temporary ache in mouth or face which is because of nerves restarting. Additionally the injection site might be sore for a few days,

**If you have fillings or crowns** (white , silver , mercury amalgam, composite, porcelain,, ) your new filling might be sensitive to cold for a few days to a few weeks based of the depth and size of fill along with other factors. If this discomfort continues beyond 6-8 weeks or if after a week your tooth is still tender to touch or painful to hot beverages then call us. Temporary fillings or crowns are fragile and need to be treated such to avoid chipping or fracturing them.

**If root canal is to be started or finished or an abscess drained:** the pain( and if there was any swelling from before) might take 24-48 hours to improve . If medication prescribed that will help you with pain for the first few days too. If the swelling or pain keeps increasing despite all of the above then call our office.

**For children :** in addition to all the above, the parent or an adult has to watch them to avoid self-biting or manipulating the new fillings ,space maintainers, gauze or medications that we place for them, also an adult needs to make sure they follow good oral hygiene and they take their medications as prescribed.

**If you receive new or repaired dentures** ( complete dentures , partials , plates ...)no denture will feel comfortable and natural to begin with but realistic expectations can be achieved . they will almost definitely need a few visits for adjustments and improved fitting . Patience and positive attitude is the key for best results.