

POST-SURGICAL INSTRUCTIONS (EXTRACTION)

The proper care following your extraction(s) will speed recovery and help prevent complications. **DO NOT RINSE YOUR MOUTH TODAY.** Tomorrow rinse your mouth gently every three to four hours, especially after meals. Using one quarter teaspoon of salt to a glass of warm water and continue this rinse for several days.

BLEEDING

Following an extraction some bleeding is to be expected. If persistent bleeding occurs, place a gauze pad over the bleeding area and bite down firmly for one half hour, repeat if necessary. Contact Dr. Benson if the bleeding does not stop.

SWELLING

You may experience some swelling for several days after the procedure. Please use an ice pack or chopped ice wrapped in a towel and place it on your face over the surgical site. Leave the pack on for five or ten minutes out of each hour.

MEDICATION

You will probably be prescribed a non-steroid anti-inflammatory pain reliever (NSAID) such as Motrin (ibuprofen) or Vioxx. This medication helps relieve swelling as well as pain. Please take this non-steroid, as prescribed, even if you have no pain in order to benefit from its anti-inflammatory properties. A narcotic (Vicoprofen or Lortab) may be prescribed to help relieve more intense pain at night or at other times as needed. It may make you drowsy, so please do not drink alcohol or drive while taking this medication!

You may be prescribed an antibiotic. It is very important that you take every tablet in your prescription at the proper times, no matter how good you feel. The purpose of the antibiotic is to prevent infection. If you do not take the antibiotic you risk infection. The only exception is that you may stop taking the antibiotic if you think that you might be developing an allergic reaction to the antibiotic. Symptoms of an allergic reaction include redness, itching and swelling. If these symptoms are present or you are concerned, please call Dr. Benson.

FOOD

Good nutrition is important to speed your recovery. After surgery, eat soft foods that do not cause discomfort. You may gradually return to normal foods, as it becomes more comfortable to do so. Remember to drink plenty of fluids.

BONY EDGES

Small sharp bone fragments may work up through the gums during healing. They are not roots. Please contact our office for an appointment for their simple removal.

QUESTIONS

This information is provided to help you understand what to expect. If you have questions or a problem, please feel free to contact Dr. Benson at home at **770-730-9297** or by calling his cellular phone at **404-983-6218**. We want to work with you to make your surgical experience a pleasant one and to get you back to your regular routine as soon as possible.