



Post- Operative Instructions

- 1) Maintain constant, firm pressure by biting on gauze; Remove the gauze after **ONE HOUR**. If bleeding persists, replace the gauze and continue firm pressure for one more additional hour. If bleeding still continues, biting on a moistened tea bag for 1 hour will usually stop any oozing. Bleeding will decrease over time but will not be completely stopped until the day after surgery.
- 2) You may drink and eat foods that do not require you to chew such as yogurt, ice cream, etc. Eat and drink only cool, soft foods such as mashed potatoes, scrambled eggs or well-cooked pasta for the 24 hours after surgery. **DO NOT EAT OR DRINK ANYTHING HOT**, this will prolong bleeding.
- 3) Try to eat a substantial amount before taking prescription pain medication. Taking pain pills on an empty stomach will often cause nausea and vomiting.
- 4) Patients should rest with 2-3 pillows behind their head when reclining. This will help alleviate discomfort and minimize swelling.
- 5) Apply ice to outside of face after surgery unless otherwise specified. The best method is to apply ice 20 minutes on and 20 minutes off. Ice packs should be used for at least 48 hours after surgery. **YOUR SWELLING AND PAIN WILL SLOWLY INCREASE AND BE BIGGEST ON THE 3RD DAY AFTER YOUR SURGERY.** After 48 hours, use heat packs to reduce the swelling and discoloration that may be present.
- 6) Refrain from smoking or using a straw for at least 48 hours after surgery, as both can delay healing and increase the risk of a dry socket.
- 7) The mouth should be gently rinsed with warm salt water starting tonight. 1/2 teaspoon of table salt in 8 oz. of warm water is sufficient. This should be done when you get up in the morning, after every meal and before you go to bed at night.
- 8) Patients should be closely monitored, if general anesthesia was given, until fully alert.
- 9) Physical activity should be limited for several days after a surgical procedure.
- 10) Do not mix alcoholic beverages with prescribed medications.
- 11) A low-grade fever is normal after surgery. If the fever is higher than 101.5 degrees or lasts more than 2 days please contact our office.
- 12) Patients using oral contraceptives should be aware that the use of antibiotics postoperatively might interfere with the effectiveness of these contraceptives for the duration of the current cycle.
- 13) *****MOST IMPORTANTLY*****: As most teeth that are removed will not grow back, it is unlikely that we will see you again for treatment...but please help spread the word that if your teeth DID grow back, you would come back to us! Please share your experience with others on our Facebook page, Google and even the little old lady on line behind you at the pharmacy!

Remember, Dr. Armanious can be reached 24 hours a day.

If you have any concerns AFTER HOURS, please call or text Dr. Armanious directly on his mobile phone
at

703-347-2750

Frequently asked questions

1. Is it normal for me to be numb after surgery?

a. Yes, the numbness may last anywhere from 3-8 hours after surgery depending on the type of local anesthesia administered. Some patients may experience varying degrees of numbness for several days or weeks after surgery depending on the proximity of the nerve to the area that was operated.

b. Please refer to the "Nerve Disturbances" instruction sheet that you were given during your consultation visit for further information.

2. I wasn't swollen the day of surgery, but now the swelling seems to be getting worse. Is this normal?

a. Facial swelling can increase for 3 consecutive days, linger for 1-2 days and then start to decrease for the next 3-4 days. Using ice packs on the outside of the face for the first 48 hours may help limit the extent of the swelling. Afterwards, a warm, moist compress may help reduce the existing swelling.

3. What is that flap of tissue in the back of my mouth?

a. After surgery, the gum tissue and inside of your cheek may become swollen for several days (see question #2). If sutures were placed, the gum tissue will be held together by the sutures for the first 5-7 days until the gums regain their own strength and the sutures start to dissolve. The "flap of tissue" is likely the inflamed gum tissue that will continue to resolve and heal within 2 weeks after surgery.

4. What is that white thing?

a. As the wound begins to heal, the edges of the gum tissue may have a white or greyish color to it. This is completely normal.

b. Other times, the whitish area is an accumulation of plaque and food particles which is a sign of inadequate oral hygiene.

5. What is between my teeth in front of/behind where my tooth was removed?

a. In many instances, an incision is made in the area of the tooth to be removed. This incision is often extend slightly in front of and behind the surgical area. Therefore, you may have several sutures (stitches) in front of and behind the surgical sites and so you may notice sutures between your teeth. They will dissolve in an average of 7-10 days. It is ok if some dissolve/unravel even the day after surgery as well.

6. When can I start brushing my teeth?

a. Oral hygiene is critical for proper wound healing. You may brush your teeth the evening of surgery very slowly and carefully so as not to tear your sutures. Some bleeding when rinsing may occur and this is ok.