

After 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, a moist tea bag can be used for 30 minutes. If bleeding occurs, avoid hot liquids, exercise, and elevate the head. If bleeding persists, call our office immediately. Do not remove immediate denture unless the bleeding is severe. Expect some oozing around the side of the denture.

Swelling may be minimized by the immediate use of ice packs. Baggies filled with ice, or ice packs should be applied to the sides of the face where surgery was performed. The ice packs should be used in a 20 minutes on and 20 minutes off fashion for the first 48 hours. 48 hours following surgery, the application of moist heat to the sides of the face is beneficial in reducing the size of the swelling.

For mild discomfort use aspirin, Tylenol or any similar medication; two tablets every 3-4 hours. Ibuprofen (Advil, Motrin) 200mg can be taken 2-3 tablets every 3-4 hours. However, if 800 mg Ibuprofen was prescribed for you, take that instead of the over the counter product.

For severe pain, the prescribed narcotic medication should be taken as directed on the pharmacy label. Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it. If an antibiotic has been prescribed, finish your prescription regardless of your symptoms. Please [call our office](#) if you have any questions regarding pain medications.

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.

Good oral hygiene is essential to good healing. No rinsing of any kind should be performed until the day following surgery. The day after surgery, the Peridex should be used twice daily, after breakfast and before bed. Be sure to gently rinse for at least 30 seconds then spit it out. Warm salt water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, as well, especially after meals. Be gentle initially when brushing the surgical areas.

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

The removal of many teeth at one time is quite different than the extraction of 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 three days. Swelling and discoloration around the eye may occur. The application of a moist warm towel will help eliminate the discoloration quicker. The towel should be applied continuously for as long as tolerable beginning 48 hours after surgery (remember ice packs are used for the first 48 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 2-3 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 temperature continues, 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 after surgery and make the necessary adjustments to relieve those sore spots. Failure to do so may result in severe denture sores, which may prolong the healing process.