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## Oral Surgery

- **Bleeding:** Is to be expected following extractions and other surgical procedures. This can last anywhere from 1-6 hours. If excessive bleeding occurs (Do as follows)
  - Wipe off excessively large blood clots with sterile gauze.
  - Bite firmly on gauze and maintain gentle pressure for 1 hour.
  - Place folded gauze over the bleeding area.
  - If bleeding has not subsided, use fresh gauze or tea bags for an additional hour. Repeat as needed every hour.
  - Contact this office if excessive bleeding persists beyond six hours.
- **Pain:** Some discomfort is normal following surgery. 2 Ibuprofen or Tylenol every 3 hours usually relieves minor discomfort. If pain medication is prescribed take as directed. Don't drive, operate machinery or drink alcoholic beverages (For at least six hours after taking medication). If you have any reaction to the medication, stop the medication and call the office. Dizziness and sedation is normal with narcotic pain medication.
- **Antibiotics:** If antibiotics are prescribed, take as directed. Be sure to take all tablets prescribed. If any reactions occur such as a rash or itching, discontinue and call the office immediately. (Today)
- **Swelling:** Following surgery some swelling is expected. It will reach its peak on the second day following the surgery. To minimize swelling start applying ice packs to your face for 20 minutes intervals. Remove for 10 minutes and then repeat. Continue ice packs for 4-8 hours after surgery. (Today and Tomorrow)
- **Rinsing, Spitting, Brushing:** Do not rinse, spit, brush or use mouthwash today. Tomorrow use a warm, saltwater solution 4-5 times a day for 1 week. In the morning, after meals and before bed.
- **Temperature:** Following surgery it is quite common to have a slight elevation in temperature. Rest and take Aspirin, Tylenol or Advil and drink plenty of fluids to help return temperature to normal. If you are taking pain medication, they will also aid in controlling fever and additional medication for fever will not necessary.
- **Eating:** A well balanced diet is important for proper healing. A soft bland diet is suggested for the first few days. Drink plenty of fluids as soon as possible. Avoid hot foods and hot liquids (As they will promote bleeding). No sipping through straws and avoid smoking for 24 hours. A soft non-chewing diet is especially recommended following removal of impacted teeth.
- **Impacted Teeth:** The removal of impacted teeth is quite different from the extraction of erupted teeth. The following conditions may occur. All of which are considered "Normal"
  - Swelling and bruising can be expected. Minimize by using ice packs the day of surgery.

- Moderate to severe pain can be expected. Don't wait until pain is severe to take medication. Have the prescription filled and take the first dose at once.
- Trismus (tightening) of the muscles may cause difficulty in opening the mouth. Moist heat applied to the area may help.
- A sore throat may develop. This is normal.
- The corners of your mouth may dry and crack. Keep moist with ointment or petroleum jelly.
- **If sudden increase in swelling or fever occurs after the fourth day, Please call the office and arrange to be seen.**