



Post-Operative Care:

Please take the time to read this information on post-operative care. It will make you aware of what you may expect following your extraction. This page can also be found on our website: www.drjurasek.com

THINGS TO EXPECT:

1. **SWELLING** This is normal following a surgical procedure in the mouth. It should reach its maximum in 24 to 48 hours and diminish by the fourth post-operative day.
2. **DISCOMFORT** The most discomfort you may experience will be during the period when the sensation returns to your mouth.
3. **HEMORRHAGE** Bleeding or “oozing” for the first 12 to 24 hours is to be expected.

WHAT TO DO:

1. **BLEEDING** Bite on the gauze placed after the extraction for at least 1 hour. If bleeding is more than slight, bite firmly on another gauze pad for 30 minutes. Repeat this procedure as necessary. Biting on a dampened tea bag for 30 minutes may also be effective.
2. **SWELLING** The swelling that is normally expected is usually in proportion to the surgery involved. This swelling may be minimized by the immediate use of ice or cold packs. Apply ice (wrapped in a face cloth) to the side of the face over the surgical site. Place ice pack on face for 15 minutes, and then remove for 15 minutes. Continue for a few hours. Prolonged use of ice packs is of no value.
3. **DIET** After waiting for 1 hour, you should be able to take fluids. A liquid or soft diet may be necessary for the first few days. An adequate fluid intake of at least 2 liters a day is essential. Do not use a straw to drink.
4. **MEDICATIONS** It is essential that you take all medications as directed. Any medications prescribed by Dr. Jurasek are principally to control pain and to combat infections. **Avoid** ASA (aspirin) products. For pain you may take Tylenol (Acetaminophen), or Advil (Ibuprofen) if able.
5. **MOUTH RINSE** Do not rinse or gargle on the day of the surgery. 24 hours following surgery, begin rinsing the mouth with warm salt water (1 teaspoon salt to an 8-ounce glass of water) following meals. This will speed healing by maintaining a clean wound.



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WHAT NOT TO DO:

1. Do not apply **heat** to the face at any time. This will increase the swelling.
2. Avoid **spitting, drinking through a straw or smoking/vaping**. This creates a negative pressure in the mouth and tends to dissolve the blood clot, thus leading to additional hemorrhage. If you are a smoker, Dr. Jurasek strongly advises that you not smoke for at least 48 hours. A pharmacist may be able to recommend a nicotine gum or patch if you feel you cannot refrain from nicotine for this period of time.
3. Avoid **strenuous physical activity** for 24 hours. (includes any sports, or heavy lifting)
Physical activity causes the blood pressure to rise and may cause a renewal of hemorrhage.

Pain Management Medication:

Please take the time to read the following information about pain medication management following your post-operative treatment.

ADVIL OR MOTRIN (IBUPROFEN) IN COMBINATION WITH TYLENOL (ACETAMINOPHEN):

Children 6 months to 12 years of age are usually given 5–10mg/kg of Ibuprofen every 6-8 hours, **PLUS**, 10-15mg/kg Tylenol every 4-6 hours; **NOT** to exceed five doses (50-75mg/kg total) in 24 hours.

Adults and children 12 years of age and older: The recommended dose of Ibuprofen is 400-800mg every 6 hours, **PLUS**, 650-1000mg of Tylenol every 4-6 hours as needed; **NOT** to exceed 4000mg in 24 hours.

DO NOT TAKE IF YOU ARE ALLERGIC TO ADVIL, IBUPROFEN OR TYLENOL

Thank you for your visit!

If you have any problems or concerns, please do not hesitate to contact the office at 250 833-1005, or Dr. Jurasek at his home at 250 804-9569. In the event of a dental emergency, if you are unable to reach Dr. Jurasek at either of those numbers, you can reach the dentist “on call” at 250-804-9140.