

POST OPERATIVE INSTRUCTIONS FOR \_\_\_\_\_

1. Return for checkup \_\_\_\_\_
2. **PAIN:** For pain or discomfort, swallow Aspirin, Tylenol, Empirin Compound, etc. in the following dosage or fill the prescription given to you.  
**ADULTS:** 2 Tablets every 3-4 hours.  
**CHILDREN:** Age 5 - 10, 1 tablet every 3-4 hours.  
**INFANTS AND CHILDREN TO AGE 5:** 2 baby aspirin or 1/2 adult aspirin. If severe pain occurs, fill pain prescription and take as directed.
3. **SWELLING:** Some swelling is to be expected. Swelling is not uncommon and need not cause alarm. If swelling should occur, apply an ice bag or a towel filled with cracked ice gently to the affected area. Ten minutes on - ten minutes off for one hour. Repeat, if needed, every two hours. Discontinue this procedure after the first twenty-four hours.
4. **BLEEDING:** (Some bleeding following tooth extraction is normal) If excessive bleeding persists, try the following; **remove clots** and:
  - a. Cover socket only, with a pad of clean gauze, or 12 inches of fluffed bandage. Close the jaws firmly for 30 minutes. Swallow saliva during this period. Repeat until bleeding stops, or
  - b. Place a small moist tea bag over the socket and close the jaws firmly for 30 minutes, or hold a strong solution of iced tea in the mouth for 5 minutes and repeat until bleeding stops. If bleeding fails to stop with this treatment: Call me at once.
5. **DIET AND ELIMINATION:** Light soft diet (Cereal, Soup, Egg Nog Sego, Nutriment, Meritine, etc.) is advisable during the first 48 hours.
6. **MOUTH HYGIENE:** Do not rinse your mouth for at least 5 hours as this disturbs formation of a normal clot. Begin the following procedure 24 hours after leaving this office. After meals and at bedtime, apply 10 drops of Gly-Oxide Liquid onto tongue, mix with saliva and gently swish the resultant foam around in the mouth for 2-3 minutes before expectorating.
7. **NAUSEA:** If nausea or stomach cramps occurs; sip ice cold ginger ale, cola drink or juice. 1 ounce every 10 minutes until discomfort subsides: **Faithful compliance with these instructions will add to your comfort and hasten recovery.**

**INFORMATION FOR THE PATIENT:**

- a. During the healing process, small sharp fragments of bone may loosen and work up thru the gum. These are not roots and often work out by themselves. Return to this office for the simple removal
- b. Slight mouth odor and stiffness of the jaws may be expected.
- c. Discoloration and slight swelling may be expected when bleeding under the tissue occurs. This is no cause for concern

**MY INTEREST** in your case does not cease with the completion of your operation. If any difficulty arises at any time, please telephone or return for treatment.

## "INSTRUCCIONES PARA LOS PACIENTES"

Una operacion realizada en la cavidad bucal requiere una serie de cuidados pos operatorios. Parte de estos debe realizarlos el paciente; otros los realiza el profesional. La colaboracion entre el odontologo y el enfermo llevaran a buen exito la intervencion.

### 1. HEMORRAGIA

Muerda un pedazo de gaza durante una hora. Si continua sangrando, coloque otro pedzo de gaza limpia y esteril sobre la herida y muerda otros 12-20 minutos, trage saliva. No escupa. Si no tiene gaza puede usar una bolsa de te limpia.

### 2. DOLOR

Puede tomar ASPIRINA, ANACIN, EMPIRIN COMPOUND, BUFFERIN, TYLENOL, etc. en la siguiente dosis:

Adultos: 2 tabletas cada 4 horas.

Ninos: De 5 a 10 anos de edad: 1 tableta cada 4 - 5 horas.

Infantes Y Ninos: Hasta 5 anos de edad: 1 aspirina para infantes.

### 3. INFLAMACION O HINCHAZON

Si llega a hincharse la zona de la extraccion coloque hielo sobre la region por media hora y quitelo 10-15 minutos. Use el hielo los dos primeros dias de la extraccion.

### 4. COMIDA

La alimentacion de las primeras 24 horas debera ser comida liviana y blanda (cereales, sopas, purees, de verduras etc.) Coma del otro lado de la region operada.

### 5. HIGIENE ORAL

No se enjuage la boca las primeras 24 horas. Luego puede realizar enjuagatorios con una solucion de agua y sal. Estos enjuagatorios pueden repetirse cada 2 horas.

Tambien puede usar despues de las comidas y antes de acostarse 10 gotas de GLY-OXIDE, colocandolas sobre la lengua, mezclar con saliva y enjuagarse la boca, sin tragar la mezcla, por 2-3 minutos y escupir.

### 6. NAUSEA

Si nausea o malestar estomacal ocurriera, trage lentamente GINGER ALE o COLA gaseosa bien fria 1 onza cada 10 minutos hasta que el malestar desaparezca.

SI TIENE ALGUN PROBLEMA O DIFICULTAD LLAMENOS A ESTE TELÉFONO.