

by Word of Mouth

FOR THE PATIENTS AND FRIENDS OF DR. JACK B. SHARE

CARING FOR YOUR MOUTH AFTER AN EXTRACTION



1. Gently squeeze on the gauze, until you have reached your destination. Carefully remove the gauze, and replace it with clean gauze for thirty minutes. Finally, discard the gauze without replacing it. Avoid using any gauze again unless the bleeding is substantial and persistent. Excessive replacement and manipulation can disrupt clot formation and prolong the bleeding.
2. After your numbness has worn off, you may begin to eat soft foods, trying to avoid the extraction area. Depending on the circumstance, Dr. Share may request that avoidance may be for a day or extend to a week. After eating, if significant bleeding recurs, place additional gauze over the area and maintain pressure for 30 minutes.
3. We encourage you to have fluids following surgery, but do not rinse immediately following surgery. Avoid the usage of mouthrinses containing alcohol (ie. Scope). A half-teaspoon of salt in 8 ounces of lukewarm water is our rinsing preference.
4. Absolutely no smoking or drinking alcoholic beverages for 24 hours.
5. A soft diet should be maintained for a few days. Recommended foods are ice cream, yogurt, jello, pudding, cereal, applesauce, pasta, soft stews or blenderized meats and vegetables.
6. If you have pain, take an analgesic that you can medically tolerate such as acetaminaphen (Tylenol) or ibuprofen (Advil, Motrin, Aleve) or one that was prescribed. Taking pain medication on an empty stomach may induce nausea and vomiting. We recommend taking fluids, preferably milk, prior to using any pain medication. Antibiotics, if prescribed, should be taken until finished.
7. To control persistent bleeding keep your head elevated during sleep using extra pillows and minimizing physical activity. To reduce swelling use an ice pack on the area for 10 minutes on and 10 minutes off for three cycles immediately after the surgery.
8. In situations of excessive bleeding, pain, swelling or fever, please call the office.

Dr. Share is available after hours by calling 617-548-0022.



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