



Commonly asked Questions after Surgery at Blue Cloud

(these instructions apply to Adults and Children except “For Children”)

Bleeding after Surgery

- If there is bleeding from where the tooth was pulled, apply pressure to the area by using either gauze, a damp washcloth, or a wet tea bag and then bite down.
 - Continue to apply pressure by biting down, undisturbed for 20-30 minutes.
 - No eating, drinking, or sleeping with gauze in the mouth.
 - **For children**, check them often whenever using gauze or a tea bag to make sure they don't choke.
 - Make sure they do not swallow the gauze or tea bag and remove after 20-30 minutes.
- You may notice a little blood in the nose that could be caused by the breathing tube used during the dental surgery.
- If the nose is actively bleeding you should apply pressure to the nose by pinching the bridge of the nose (in between the eyes), with the head held up, not laying down, until the bleeding has stopped.
- ***It is ok for there to be some bleeding, but if it is a large amount that continues to bleed after applying pressure, call us immediately.***

Pain after Surgery

- If you have been told to give Tylenol and Motrin, **start with Tylenol (acetaminophen) and 3 hours later give Motrin (Ibuprofen)** and continue switching every 3 hours for at least the first 24 hours and up to 48 hours, as needed.
- If you are taking the medications as directed (Tylenol, Motrin **or** Prescribed medications) and they are not working to relieve the pain, ***please call us.***
- Cold therapy may also be comforting to control pain, or sore throat, by using an ice pack, popsicle, ice, etc.
- It is common to have pain or discomfort in the gums around the tooth when a crown has been placed or when a tooth has been pulled for a week following surgery.
- ***If pain continues beyond 2 weeks following surgery, please call us.***

Fever after Surgery

- A low-grade fever (under 101) may occur after surgery. Tylenol and Motrin taken as instructed above will help manage the low-grade fever.
- If the patient has a high fever (over 101) along with neck and facial swelling, ***please call us immediately***

Nausea/Vomiting after Surgery

- Upset stomach should go away the first couple of hours after surgery but can continue until the medications wear off.
 - It is important to continue to drink liquids by slowly sipping for the first several hours after surgery. This will also help to prevent dehydration.
 - Eating soft foods in small quantities may also help relieve nausea.
- If there is vomiting stop eating and only drink clear liquids (apple juice, Gatorade, or clear soda), wait at least 30 minutes then try to eat again.
- If vomiting doesn't stop after 6 hours, ***please call us.***

Eating after Surgery

- Eat soft foods like applesauce, macaroni and cheese, mashed potatoes, or ice cream, for at least the first 24 hours and longer if necessary.
- Avoid crunchy, salty, sticky, spicy, or acidic foods for the first few days, as these may cause pain and may irritate the gums or where the tooth was pulled.

Sleeping after Surgery

- **For children**, your child may sleep for up to **4** hours after the procedure.
 - While they are sleeping be sure to check on them every **5** minutes to make sure they're breathing, and their chin is not resting on their chest.
 - They should stay in the same room with you until they are fully awake (recovered).
 - You should stay close to them throughout the rest of the day and night, while they are sleeping, so you are able to check on them.

Activity after Surgery

- The day of surgery will be spent mostly resting.
- Do not do any strenuous activity for 24-48 hours to keep from re-injuring the surgery site.
- **For children - the day of surgery**
 - Make sure to help them when they are walking so, they don't stumble and fall.
 - Do not let them run, ride a bike, or do anything requiring balance.
 - They may return to school the day after surgery as long as they are ok and have not been instructed to stay home.

Rinsing and Spitting after a tooth is pulled

- Try to avoid rinsing and spitting for 24 hours after surgery.
- The next day, you may rinse with warm salt water 2 or 3 times a day to help with healing.
- Avoid alcohol-based mouthrinses for the first week after surgery. (e.g. Crest and Listerine)

Swelling and Inflammation after Surgery

- Swelling and inflammation in the mouth or around the gums and lips is normal and may be due to the surgery or the tape used to keep the breathing tube in place during the surgery. The swelling should go away within the first week after surgery.
 - Keep your head propped up with pillows.

- For swelling in the gums or mouth-
 - Cold therapy can help to control swelling
 - An ice pack on the cheek or lips, eating a popsicle, etc.
 - Take the medications as directed (Tylenol, Motrin **or** Prescribed medications)
 - Use lip balm or ChapStick to keep the lips moist and to help with healing.
- **For children**, try to keep the child from chewing on their lips, inside of their cheeks or their tongue if numbing medication was given during surgery, until the numbness is gone.
 - If the lips, inside of the cheeks or the tongue appear abnormal (e.g., “ugly” looking), or swell, and become painful ***please contact us for an evaluation***. Usually, this situation resolves within 2 weeks.

Antibiotics (if prescribed)

- **If** antibiotics were prescribed after surgery, take all the medication as directed.
- Don’t stop taking the antibiotics even if the tissue looks healed.
- A rash or itching may indicate an allergic reaction to the medication.
 - Usually, taking Benadryl will help these types of reactions.
 - But, ***if lip swelling or breathing difficulties occur, seek medical attention immediately, by calling 911 or going to the nearest Emergency Room.***

Loss of crown or spacer

- **For children**,
 - look in their mouth several times a day for a day or two after surgery to see if the crowns and/or spacers are still there and in place.
 - The child might say they have the crown, or they might say they swallowed it (generally, it passes through the digestive track within a day or two).
 - Do not let them eat sticky candies that can pull the crown off.
- **Contact us during normal business hours and we will schedule an appointment to replace it.**
 - If you have the crown be sure to bring it to your appointment.

If your questions or concerns are not answered in these instructions.

Please call our after-hours line at 717-219-2804