Post Op Care for Tooth Extraction & Denture

You have been given the following Prescriptions to help control the discomfort following teeth extractions

* Clindamycin- Antibiotic to help with healing
* Motrin 800mg- Extra Strength Ibuprofen for pain and soreness
* Norco 5/325- take only if Motrin is not giving enough pain coverage
* Take Clindamycin (antibiotic) as prescribed until gone.
* Take 800mg Ibuprofen every 6 hours if needed for pain. If no pain- no need to take anything
	+ Do not exceed 3200mg Ibuprofen in 24 hours
* Norco 5/325- Strong pain reliever. This can make you drowsy and should not be taken unless Motrin 800 is not enough to control pain. When taking Norco, do not drive or operate machinery as it can make you drowsy. This is best to take just before you go to bed, to help you sleep.

Expect some jaw soreness from being open for extended period; the Ibuprofen (not Tylenol) will help alleviate soreness from inflammation in the joint from staying open.

* If 800mg Ibuprofen is not adequate for pain coverage, take Norco in addition to Ibuprofen (OK to alternate Ibuprofen with Norco every 3 hours if needed).
	+ Norco has 325mg Tylenol in each tab
	+ Do not exceed 3000mg Tylenol in 24 hours

For the first 24-48 hours, your denture will act as a compression bandage. This will minimize swelling. Please leave it in for most of the 24-48 hours to minimize swelling. If you take it out for too long, the tissues may swell and make it impossible for you to get your denture back in. After 2 days, you should take your denture out at night and leave it in water when not inside your mouth. If the denture is left out and not in water it can shrink. Place it in something moist when not in the mouth.

Your denture will not fit perfectly, because the tissues have not fully healed. Final healing and stabilization of the tissues will not be complete for 6 months. In the first 6 months, temporary denture relines may be needed. Please call our office if you have trouble keeping the denture in, we can reline the denture to better fit your tissues as they heal.

We have placed some sutures. These will need to be removed in approximately 2 weeks. Please call our office to schedule this 2 week check and suture removal.

You can rinse your mouth with warm salt water a couple times a day. This will help keep the tissues clean and will speed healing. Proceed with normal daily activities (work, etc.) if comfortable. Avoid any heavy lifting (over 50 lbs) for 3 days. It is best to eat soft foods on the first day (milkshake, mashed potatoes, etc.). After that, eat whatever you are comfortable eating.

Please don’t hesitate to call our office if anything seems out of the ordinary or pain is unmanageable.

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