



**OUTPATIENT POST-OP INSTRUCTIONS AND DENTIST ORDERS – Extractions.**

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Postoperative Instructions:**

- For your own safety, a responsible adult must drive you home.
- Someone should stay with you for the first 24 hours following surgery. If you had medication or general anesthetic, it is normal to feel drowsy and weak; therefore, it is not recommended that you drive, stand or walk without help, operate heavy machinery, drink alcohol beverages or eat a heavy meal (due to nausea), make important personal or business decisions or sign important papers; children should not ride bicycles, skateboards etc.
- If your dentist finds it necessary for you to have to take medications, you may obtain them from the pharmacy of your choice.

**Dentist’s Orders:**

- Patient to call my office for an appointment. Date: \_\_\_\_\_ Time: \_\_\_\_\_
- On arriving home: remove gauze packs, take your prescribed medications with a sweet drink such as juice. Moisten fresh gauze with cold water, roll into a ball and place over the extraction site. Bite down firmly for 20-30 minutes. Replace gauze as needed. Bleeding may occur for several hours
- Drink plenty of fluids and soft food. Increase diet as tolerated.
- Swelling and discoloration is to be expected, usually reaching its maximum two days after surgery. It will disappear gradually and is no cause for concern. To lessen swelling, apply ice packs for the first 24 hours and thereafter, heat for comfort.
- If sutures (stitches) are required, they are dissolvable and will disappear within a couple days. If your sutures are non-dissolvable and need to be removed you will be advised.
- Specific Instructions

\_\_\_\_\_  
\_\_\_\_\_

- Take home medications

\_\_\_\_\_  
\_\_\_\_\_

Patient instructed on how to take the above medications and verbalizes understanding \_\_\_\_\_  
Staff Initials.

- Take home dressing 4x4 Gauze \_\_\_\_\_ 2x2 Gauze \_\_\_\_\_
- If the above instructions are not adequate, please contact your dentist at \_\_\_\_\_  
If you require emergent care after hours please go to your local Emergency Department
- Please notify Southland Surgical Centre if you are admitted to the hospital within 10 days of surgery.

Significant Other Signature: \_\_\_\_\_

Nursing Staff: \_\_\_\_\_