

Young Smiles Family Dentistry

4310 Walnut Street, Philadelphia PA 19104. Tel no 215.307.3762 Fax no 267.687.1534
youngsmilesphilly@gmail.com www.youngsmilesphilly.com

Patient Instructions After Extractions

1. Do not rinse or spit for 24 hours after surgery.
2. Keep your fingers and tongue away from the socket or surgical area.
3. Use ice packs on the surgical area (side of face) for the first 48 hours; apply ice 20 minutes on and 10 minutes off. (Note: Bags of frozen peas work well.)
4. For mild discomfort take one tablet of Tylenol (325 mg) or 2 to 4 tablets of Ibuprofen (200 mg) every four to six hours unless you cannot take either medication. (Please inform the dentist of any drug allergies)
5. Drink plenty of fluids. (Do not use a straw—this can disturb the surgery site)
6. We suggest that you do not smoke for at least 5 days after surgery. Smoking may break down the blood clot and cause a “dry socket”.
7. Avoid strenuous activity and do not exercise for at least 3–4 days after surgery. After that, be careful: your regular caloric and fluid intake have been reduced, so you may get light-headed, dizzy, or weak.
8. If the muscles of the jaw become stiff, the use of warm moist heat to the outside of your face over the spots that are stiff will relax these muscles.
9. After the first post-operative day, use a warm saltwater rinse following meals for the first week to flush out particles of food and debris that may lodge in the surgical area. (Mix ½ teaspoon of salt in a glass of warm water).
10. Your diet should consist mainly of soft, easily swallowed foods and cool drinks (no hot food). Avoid anything that might get stuck in your teeth, so no seeds, nuts, rice, popcorn, or similar foods.

Young Smiles Family Dentistry

4310 Walnut Street, Philadelphia PA 19104. Tel no 215.307.3762 Fax no 267.687.1534
youngsmilesphilly@gmail.com www.youngsmilesphilly.com

拔牙后的患者注意事项

1. 手术后的 24 小时内不可动伤口，不要刷牙漱口或吐口水。放在伤口处的纱布保持咬紧状态 1 小时，1 小时以后可取下来，如果还有出血则换一块纱布继续咬紧一小时。两小时后可吃液体食物。
2. 保持手指和舌头远离拔牙处或手术区域。
3. 如果脸部有浮肿，可选择在手术区域（脸的一侧）使用冰袋冰敷，前 48 小时每次敷冰 10 分钟，休息 10 分钟。（注意：冷冻的豌豆袋效果很好。）
4. 如有痛感难忍，可每四到六小时服用一片泰诺（325 毫克）或 2 至 4 片布洛芬（200 毫克），除非您对其中任何一种药物过敏。（请告知牙医有关任何药物过敏情况。）
5. 多喝水。（不要使用吸管，这可能会扰乱手术部位。）
6. 我们建议您在手术后至少 5 天内不要吸烟。吸烟可能会分解血栓并导致感染。
7. 手术后至少 3-4 天内避免剧烈运动，不要进行锻炼。之后要小心：您的正常热量和流体摄入量已减少，所以您可能会感到头晕、眩晕或虚弱。
8. 如果下颌肌肉变得僵硬，可以在僵硬的地方用温暖湿热敷，有助于松弛这些肌肉。
9. 在术后第一天之后，建议您在第一周的餐后用温盐水漱口，以冲走可能卡在手术区域的食物颗粒和残渣。（在一杯温水中加入半茶匙盐。）
10. 您的饮食主要应以软、容易咽下的食物和凉爽的饮料为主（不要吃热食）。避免可能卡在牙齿中的任何东西，因此不要吃种子、坚果、米饭、爆米花或类似的食物。