



POST-OP INSTRUCTIONS

EXTRACTIONS

It is important that a blood clot forms on the extraction site to stop bleeding, reduce pain and facilitate healing. The following instructions will help to promote comfort and successful healing.

ANESTHESIA

Depending on the anesthetic used, the feeling of numbness will wear off anywhere from 30 min up to 4 hours. Until then, avoid hot foods or liquids and be cautious of chewing. This is to prevent accidentally burning or biting of the lips, cheeks, inside of your mouth or tongue.

BLEEDING

Gauze will be placed over the extraction site to help stop bleeding. Maintain firm biting pressure on the gauze for 30 min - 1 hour. Change the gauze pack every 15-30 min. It is normal for the extraction site to bleed slightly or ooze blood 24 hours following surgery.

SWELLING

To help reduce any discomfort or swelling, ice packs wrapped in a towel should be applied to the outside of the face over the area of the extraction site - 20 min on and then 20 min off.

MEDICATIONS

If pain medications, antibiotics or a special mouthwash were prescribed, please follow instructions provided carefully. Pain medication should be started before anesthesia wears off to minimize discomfort. Most extractions will only require over-the-counter pain medication like Ibuprofen, your dentist will advise dosage based upon your specific needs.

FOR THE NEXT 24 HOURS

- Maintain a liquid and soft food diet
- Avoid the use of a straw
- DO NOT smoke, preferably 72 hours
- DO NOT drink alcohol or soda
- DO NOT brush near the area
- DO NOT rinse your mouth
- DO NOT exercise or do heavy lifting

AFTER 24 HOURS

- Rinse mouth with warm salt water – 1 teaspoon/glass 3-4 times a day for a week
- Resume brushing and flossing
- If still feeling soreness – compress area with warm moist towel
- Eat what you can tolerate

IF YOU THINK YOU HAVE ANY OF THE FOLLOWING COMPLICATIONS, PLEASE CALL OUR OFFICE IMMEDIATELY:

- Dry socket – Symptoms associated are constant moderate to severe pain, bad taste and odor and poor clot formation at the surgical site
- Fever - Monitor your temperature for the first 24 - 48 hours
- Severe pain/swelling beyond 72 hours
- Extensive bleeding
- A reaction to the prescribed medication