

POST OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

1. DO NOT SMOKE for the first 72 hours but preferably for a week.
2. DO NOT use a straw for the first 72 hours but preferably not for a week
3. DO NOT spit forcefully for the first 72 hours.
4. In 20 minutes, remove the gauze we provided, lightly dampen another piece of gauze, fold in half twice and bite on the new gauze for 20 more minutes. After this period of time, you do not need to continue to bite on the gauze as this usually is sufficient. If bleeding is persistent try putting a damp tea bag on extraction site with a piece of gauze above it. If bleeding still persists after this, please call our office.
5. Expect swelling to occur for the first 24-48 hours. Apply an ice bag to your cheek or jaw for 20 minutes on, 10 minutes off until bedtime for the first 24 hours. Remember to not place ice directly on your skin. After the initial 24 hours it is better to apply heat such as a hot towel or hot water bottle as this will help resolve the swelling. If swelling gives your problems breathing or swallowing call our office immediately
6. Oozing is normal. Remember a little bit of blood and a lot of saliva looks like a lot of blood
7. Remember to sleep with your head elevated for 24 hours. Sleeping in a recliner or propping your head up with pillows is often the easiest way to achieve this.
8. Take medications as prescribed. Do not drive, operate heavy machinery, or sign any legal documents while taking the prescribed narcotic medication.
9. After 24 hours has passed, use a warm salt water rinse, if desired to help keep the extraction site clean(1/2 tsp of salt in 8 oz glass of water)
10. Brush the remaining teeth as best as you can but avoid brushing the surgical site for 72 hours
11. Diet: It is good to eat following an extraction. The nutrients your body takes in help surgical sites heal following tooth removal. Examples of foods to eat for the first 48 hours include but are not limited to: Flaky fish, scrambled eggs, yogurts, soups, and ice cream. Smoothies are also a great option. This is especially important if you are a diabetic. Take all prescribed medications unless directed to stop them.
12. If severe pain or fever develops, or if any doubt arises please do not hesitate to call our office.

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