

Post Extraction Instructions

- A. Wound care
 - 1. Bite firmly on gauze pack that has been placed, until you arrive home, then remove it gently.
 - 2. Do not smoke for at least 12 hours, because this will promote bleeding and interfere with healing.
- B. Bleeding
 - 1. Some blood will ooze from the area of surgery and is normal. You may find a blood stain on your pillow in the morning, so it is advisable to use an old pillowcase the first night.
 - 2. Do not spit or suck thick fluids through a straw, because this promotes bleeding.
 - 3. If bleeding begins again, place a small damp gauze pack directly over the tooth socket and bite firmly for 30 minutes.
 - 4. Keep your head elevated with several pillows or sit in a lounge chair.
- C. Discomfort
 - 1. Some discomfort is normal after surgery. It can be controlled but not eliminated by taking the pain pills your dentist has prescribed.
 - 2. Take your pain pills with a whole glass of water and with a small amount of food if the pills cause nausea.
 - 3. Do not drive or drink alcohol if you take prescription pain pills.
- D. Diet
 - 1. It is important to drink large volume of fluids. Do not drink thick fluids through a straw, because this may promote bleeding.
 - 2. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day.
- E. Oral Hygiene
 - 1. Do not rinse your mouth or brush your teeth for the first 8 hours after surgery.
 - 2. After that, rinse gently with warm salt water (1/2 teaspoon in 8 oz of warm water) every 4 hours.
 - 3. Brush your teeth gently, but avoid the area of the surgery.
- F. Swelling
 - 1. Swelling after surgery is a normal body reaction. It reaches its maximum about 48 hours after surgery and usually lasts 4 to 6 days.
 - 2. Applying ice packs over the area of surgery for the first 12 hours helps control swelling and may help the area be more comfortable.
- G. Rest
 - 1. Avoid strenuous activity for 12 hours after surgery.
- H. Bruising
 - 1. You may experience some mild bruising in the area of your surgery. This is a normal response in some people and should not be a cause for alarm. It will disappear in 7 to 14 days.
- I. Stiffness
 - 1. After surgery you may experience jaw muscle stiffness and limited mouth opening. This is normal and will improve in 5 to 10 days.
- J. Stitches
 - 1. If stitches have been placed in the area of your surgery, you will need to have them removed in one week.
- K. Call the office if:
 - 1. You experience excessive discomfort that you can not control with your pain pills.
 - 2. You have bleeding that you can not control by biting on gauze.
 - 3. You have increased swelling after the third day following your surgery.
 - 4. You feel you have a fever.
 - 5. You have any questions.