



Post-Operative Instructions for Extractions

Thank you for choosing our practice for your procedure! To ensure proper healing and the best results, please follow these post-operative instructions carefully.

Immediate Post-Extraction Care

- Bite down gently on gauze placed over the extraction site for **30-45 minutes** to help control bleeding. Blood is a dye, most of the blood you are seeing is actually a little bit of blood mixed with a lot of saliva.
- If bleeding continues, replace the gauze and apply firm pressure for another 30 minutes.
- If the bleeding does not slow down with gauze try biting on a tea bag.
- Avoid excessive spitting, drinking through straws, or vigorous rinsing for **3 days** to prevent dislodging the blood clot.
- If you experience bleeding that will not slow down after biting on gauze use a teabag instead. It will aid in constricting the blood vessels at the extraction socket.

Pain Management

- Take prescribed or over-the-counter pain medication as directed.
- You may alternate ibuprofen (400-600 mg every 6 hours, not exceeding 3200 mg per day) and acetaminophen (500-1000 mg every 6 hours, not exceeding 4000 mg per day).
- If you have been prescribed a narcotic pain medication use it for breakthrough pain only.
- Avoid aspirin, as it can increase bleeding.

Swelling & Bruising

- Swelling may peak within **48-72 hours** and gradually decrease over a few days.
- Apply an ice pack to the affected area (20 minutes on, 20 minutes off) for the first 24-48 hours.

- Keep your head elevated while resting to help reduce swelling.

Diet & Nutrition

- Stick to a soft food diet (yogurt, applesauce, mashed potatoes, smoothies) for the first few days.
- Avoid crunchy, hard, spicy, or hot foods that may irritate the surgical site.
- Stay hydrated but avoid carbonated, caffeinated, or alcoholic beverages for 24 hours.

Oral Hygiene

- Do **not** rinse, spit, or brush near the extraction site for the first 24 hours.
- After 24 hours, gently rinse with **warm salt water** (½ teaspoon salt in 8 oz. of water) after meals.
- Brush teeth carefully, avoiding direct contact with the extraction area.
- If you were prescribed a mouth rinse you can begin using it after 24 hours and continue for one to two weeks.
- If you were given a syringe to irrigate the extraction site you can begin using it after one week

Activity Restrictions

- Avoid strenuous activities, heavy lifting, and bending over for **at least 48 hours**.
- No smoking or alcohol, as they can slow healing and increase the risk of complications.

Signs of Complications

Contact our office immediately if you experience:

- Severe pain that is not relieved by medication.
- Excessive bleeding that persists beyond **24 hours**.
- Fever over **101°F (38°C)** or signs of infection (pus, foul odor, increasing swelling).
- Dry socket symptoms (worsening pain 3-5 days after extraction with bad breath).
- Persistent numbness beyond 2 days.

Follow-Up Care

- Follow-up appointments may be required to monitor healing and remove stitches if necessary but in a majority of cases can be as needed.

- Most patients heal within **1-2 weeks**, but full healing of the bone may take several months.

Questions?

We're here to help. If you have any concerns or unexpected symptoms, please contact our office right away.

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