

# Post-Operative Instructions for Extractions

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Healing following the surgery is usually fast and uneventful. Please read the instructions below.

1. Bleeding:
  - Some bleeding is to be expected following the procedure. Gauze was placed over the surgical site to stop bleeding.
  - Continue to bite down on gauze for 1 (one) hour.
  - If bleeding persists, replace with fresh, moist gauze. Place fresh gauze directly over the bleeding area and bite down firmly for another one-hour interval.
  - Keep your head elevated with pillows today to slow the bleeding.
2. Swelling:
  - You may experience some swelling for the first few days. Ice packs applied to your cheeks for the first 24 hours after the procedure can help reduce swelling.
  - Apply ice on the side of treatment for 20 minutes followed by 20 minutes off.
3. For faster healing:
  - Avoid eating until your numbness wears off to avoid biting you lips or tongue.
  - Avoid eating hot foods today, as you can dissolve or loosen the blood clot which initiates the healing process. Eat only soft foods for the next few days (yogurt, ice cream, warm soups and eggs).
  - Do not suck on the wound site and do not drink using a straw, as this can dislodge the blood clot.
  - Avoid exercising or exerting yourself for the first 24 hours.
  - Do not smoke for at least 1 week after surgery.
4. Medications:
  - You should have your prescriptions filled immediately.
  - Use pain medication only as necessary.
  - Mild pain medication such as Ibuprofen are preferred if they provide adequate relief.
  - Avoid driving and operating machinery while taking prescription pain medications.
  - Antibiotic prescriptions must be taken until completely finished.
5. Oral Hygiene:
  - Vigorous rinsing can disturb the surgical site. If the need arises, move your head from side to side instead of cheek swishing. Instead of spitting out, just let water out into the sink and wipe with towel.
  - On the 7<sup>th</sup> day, you may gently rinse with ½ teaspoon of salt in 8oz of warm water 3-4 times a day for the next few days.
  - It is especially important to continue brushing your teeth & flossing regularly to prevent infection of the extraction site and maintain your oral hygiene.
6. Other Instructions:
  - If you experience prolonged bleeding or severe pain, please contact our office. Your jaw and teeth near the extraction site may be sore for a few days. Bruising of cheeks will resolve within 1 week.



Please do not hesitate to contact us if you have additional questions. We are here for you!