



Post-Operative Instructions for Extractions

Day 1: Continue biting on the gauze for 30-60 minutes following your procedure. Do NOT spit, rinse, suck (using a straw), smoke, or drink carbonated/alcoholic beverages for at least 24 hours. Passively empty your mouth when needed. The goal is to keep the blood clot in the socket to prevent bleeding and a painful complication known as DRY SOCKET.

Day 2: You will most likely experience one or more of the following symptoms: Minor pain, swelling, bruising, limitation in opening or closing your mouth, pain in jaw or ear, sore throat. It is important to listen to your body and take it easy. No heavy lifting, spitting, sucking, alcohol or smoking.

- **Oral hygiene:** A gentle lukewarm salt water rinse or the prescribed chlorhexidine can be used to freshen your mouth. You can continue oral hygiene as usual expect at extraction site.
- **Discomfort:** Over-the-counter- pain medication (Ibuprofen, Aleve, and Tylenol) may be taken as directed on the bottle to relieve discomfort.
- **Swelling:** Apply cold compresses to affected area at 10-minute intervals for the first 24 hours to minimize swelling. Any swelling that occurs usually begins to diminish within 72 hours; call the office if there is no change.
- **Bleeding:** Some oozing of blood is normal for the first 12-24 hours. If you experience excessive bleeding, apply firm pressure with 1-2 folded gauze pads or damp tea bag on the affected area for 30-60 minutes and keep your head elevated. Call the office if the bleeding does not subside.
- **Diet:** Drink plenty of fluids. Avoid carbonated and alcoholic beverages. A soft diet will be easiest: yogurt, milkshakes (no straw), soups, fish, pasta. It is normal to have a little tenderness while chewing and difficulty opening wide.
- **Stitches:** If you have received sutures, avoid playing with them. Sutures will dissolve and work their way out. If there is a long end hanging, carefully snip it with a small pair of scissors. We will tell you if you suture will dissolve or if we need to remove them at your next appointment.
 - Dissolvable
 - Need to be removed
- **Prescriptions:** If you have been prescribed antibiotics, take them as directed until they are all gone, even if symptoms dissipate. Some antibiotics can interfere with the effectiveness of birth control pills or other medications. If pain medication or a mouth rinse is prescribed take as directed. In case of any unusual disturbances, questions or any post-surgical problems, please call the office.

If you have any questions, please call us any time of day or night.

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