

Extraction Post-Op Instructions

Proper care of the mouth following most dental procedures can reduce complications and speed the healing of the surgical area.

1. **PROTECTION OF BLOOD CLOT**...maintain gentle pressure by biting on gauze sponge that has been placed over the surgical area, or by biting on a tea bag which had been gently moistened and wrapped in a piece of gauze. Keep firm steady pressure for 45 minutes. If bleeding persists please feel free to contact the office or answering service. You should be sure not to sleep with gauze in your mouth. Report any unusual discomfort, drainage, swelling, redness or fever above 100 degrees F.
2. **DO NOT RINSE**...or use mouthwash for at least 24 hours. After 24 hours rinsing with warm salt water (½ teaspoon salt in 8oz. Of warm water) every 2 hours is recommended. (The use of commercial mouthwashes during the healing period is not encouraged.)
3. **DISCOMFORT**...following dental surgery is normal. If medication has been given or prescribed, take as instructed.
4. **TOOTHBRUSH**...may be carefully used in the area of the mouth not involved by the surgical procedure. A clean mouth heals faster.
5. **EATING**...adequate nutritious food and fluid intake following surgery and or general extractions is most important. A liquid soft diet is recommended for 24-28 hours following oral surgery. Avoidance of any extremes in temperatures or spicy food is also recommended.
6. **ACTIVITY**...rest for the first two post-operative days to minimize bleeding and swelling. Elevate head on couple of pillows to further minimize swelling. If you have had impacted teeth removed, you should avoid all strenuous activities for one week. For routine extractions, two days of limited activity is plenty. Don't pick at the surgical area. Don't consume liquids through a straw. Avoid alcoholic beverages and refrain from smoking until healing is well established.
7. **CONTROL OF SWELLING**...gently apply ice packs to area for periods of 20 minutes on, 10 minutes off. The procedure should continue for the first 48 hours only.
8. **SUTURES**...if they were used, do not fail to return for their removal on the appointment date given
9. **ADDITIONAL INSTRUCTIONS**...stretching of the corners of the mouth may result in the lips becoming dry, cracked or sore. If this occurs the lips should be kept moist with Vaseline or similar ointment. Trismus or difficulty opening the mouth may be present for a few days (this is not unusual). If numbness of the lip, chin or tongue persists, it will most likely just be temporary and will go away on its own in a few days or weeks. If you develop severe throbbing pain down deep in the jaw back near the ear 3 or 4 days after the tooth is removed. Contact our office.
10. **MEDICATION AND ANESTHETICS**...patients receiving intravenous or nitrous oxide sedation should be accompanied home by a responsible adult after surgery. Medications, drugs, prescriptions and anesthetics may cause drowsiness and lack of awareness and automobile or hazardous device for 24 hours after your release from surgery or until further recovered from the effects of the anesthetic medications or drugs that may have been given to you in the office.
11. **ALLERGIC REACTIONS**...for generalized rash, itching, etc., call oral surgeon immediately at office or answering service.
12. **DO NOT HESITATE**...to call if any questions arise.

Take all medication exactly according to the directions on the bottle.

NO PAIN MEDICATION WILL BE CALLED IN AFTER HOURS.