

INSTRUCTIONS FOLLOWING EXTRACTIONS:

Bleeding:

- Keep the gauze pad in place for 30 minutes (to one hour) with constant, firm pressure.
- Keep your head elevated, and rest quietly.
- Do not suck, spit, drink through a straw or blow your nose excessively.
- If bleeding persists, place a moist gauze or tea bag on the surgical site, and hold it in place with constant pressure for 1 hour.
- Some oozing and discoloration of saliva is normal in the first 24 hours.
- **No Smoking for 48 hours.** Smoking prevents good healing of the extraction site.

Swelling:

Keep unwrapped ice or a frozen bag of vegetables over the surgery area for 24 hours, alternating 20 minutes on and 20 minutes off. Do not continue the application after 24 hours. Swelling is the greatest in the next 48-72 hours. If swelling and/or discomfort persists, apply moist heat over the area (a moist towel wrapped around a hot water bottle, or a towel moistened with hot water). Bruising may occur.

Medications:

If issued by the dentist, take the prescribed tablets before the local anesthetic (freezing) wears off. Otherwise, we recommend Ibuprofen (Advil or Motrin) for dental related pain unless you are taking a medication or have a condition that would contra-indicate its use.

Diet:

Eat soft foods for 1 days (ice cream, yogurt, pudding, well boiled vegetables, mash potatoes, scrambled eggs, etc.) and progress as tolerated to a normal diet. **Maintain a good fluid intake.**

Mouthcare:

Avoid rinsing for the 24 hours following surgery, and then **rinse** with warm salt water (large pinch of salt in a glass of water) **4 times a day** (after every meal and before bed) **for 7 days.**

If stitches are placed, they will dissolve within 2 to 7 days. May take up to 14 days.

Activities:

Limit activities for the next 24 hours, including heavy lifting, exercise routines, or anything strenuous.

Do not hesitate to call our office to report any unusual conditions or complications.

There is no charge for post-op evaluations, so please book a post-op appointment if you have any concerns.

902.681.9111