



373-0018

Post-Operative Instructions for Extractions

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions below may apply. Common sense will often dictate what you should do, but when in doubt follow these guidelines or call our office anytime for clarification.

Exercise Care: Do not disturb the surgical area today. Do not rinse vigorously or probe the area with any objects. You may brush your teeth gently. Please **DO NOT SMOKE** for 24 hours; it is very detrimental to healing.

Swelling: Often there is some swelling associated with oral surgery. You can minimize this by use of a cold pack or ice bag wrapped in a towel and applied firmly to the skin over the surgical area – twenty minutes on and twenty minutes off – during the first 12 to 24 hours after surgery. If you have been prescribed medication for the control of swelling, be sure to take it as directed.

Pain: Unfortunately most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication and if you take the first pill before the anesthetic has worn off, you will be able to manage the discomfort better. The effects of pain medications vary widely among individuals. If you do not achieve adequate relief, you may supplement each pain pill with analgesics such as aspirin or 600 mg of ibuprofen. Do not exceed the recommended dosage. If pain persists call the office immediately. Remember that the most severe pain is usually within the first six hours after the anesthetic wears off; after that your need for medication should lessen.

Bleeding: After surgery you will have gauze packs in place over the surgical sites. Please keep them in place with firm biting pressure until the bleeding is no longer a problem for you. The gauze may be changed as often as necessary and may be dampened and loosely fluffed for more comfortable positioning. Pressure stops the bleeding, not the gauze, therefore firm pressure is a must. Bleeding should never be severe. If it is, it usually means that the packs are being clenched between your teeth only and are not properly seated on the surgical area. Try repositioning the packs, or substitute a tea bag (soaked in very hot water and squeezed damp dry) for twenty to thirty minutes. If bleeding remains uncontrolled, please call the office immediately at 373-0018, or after hours at 631-8423.

Diet: Eat any nourishing food that can be taken with comfort. It is advisable to confine the first day's intake to liquids (soups, pudding, yogurt, milkshakes, etc.). A straw should **NOT** be used. It is best to avoid food like nuts, sunflower seeds, popcorn, etc., that may get lodged in the socket areas.

PLEASE SEE OTHER SIDE FOR FURTHER INSTRUCTIONS

Second and Third Days

Mouth Rinse: Use ¼ teaspoon of salt dissolved in an 8 ounce glass of very warm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least two or three times daily.

Brushing: Begin your normal oral hygiene as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort.

Hot Applications: You may apply warm compresses to the skin over areas of swelling (hot water bottle, hot towels, heating pad) for twenty minutes on and twenty minutes off to help sooth those tender areas.

Diet: Gradually return to a normal diet as soon as comfort will allow. Do not over-do, but feel free to advance to chewable food as soon as you are able.

Fever: A prolonged fever could be an indication that infection has occurred. Please call the office immediately, 373-0018.

It is our desire that your recovery will be as smooth and as pleasant as possible. Following these instructions will assist you but if you have questions about your progress please call our office or contact the doctor on call after hours at 631-8423.