



## Extraction Post Op Instructions

- 1. Protection of the blood clot** - It is important for the blood clot to form and stay intact to stop the bleeding and start the healing process. Maintain gentle pressure for 45 minutes by biting on the gauze that has been placed over the surgical area. Change if bleeding continues and be sure to moisten the gauze with a little water so that it won't stick to the clot. If bleeding still continues, boil a tea bag, wait for it to cool off then place the cooled down tea bag over the extraction site for 20 minutes. The tannic acid constricts the blood vessels and can slow or stop the bleeding. You may want to place a dark colored towel over your pillow for the first 24 hours due to bleeding of the surgical site.
- 2. Do not vigorously rinse or swish for three days** - After three days you may gently use non- alcoholic mouthwash. You may also use warm saltwater rinses (1/2 teaspoon salt and 1 cup of warm water) 3-4 times per day and after each meal.
- 3. Discomfort** - Following dental surgery, it is normal to experience some discomfort. Pain can peak 48-72 hours after the extraction. It is not uncommon for bruising to develop on the face after oral surgery. If medication has been given or prescribed, take as instructed.
- 4. Control swelling** - Gently apply ice packs to area for periods of 20 minutes on, 10 minutes off. This procedure should continue for the first 24 hours only. Muscle soreness can also occur. If this happens, place a warm moist towel over the area to help loosen the muscles.
- 5. Tooth brushing** – Tooth brushing can be carefully done in the area of the mouth not involved by the surgical procedures for the first 24 hours. After, you may resume gentle brushing and flossing while taking care to not dislodge the blood clot. A clean mouth heals faster.
- 6. Eating** - Adequate food and fluid intake following surgery is most important. For the first 48 hours, stay with soft foods and chew on the opposite side of the surgery site. If you find that eating your regular diet is too difficult, you may supplement your diet with liquids such as Carnation Instant Breakfast (CIB). The high quality, nutritional value of CIB is important for prompt healing following such procedures.
- 7. What to Avoid** – Avoid all excessive activity and do not increase your heart rate for the first 24 hours. Do not bend over to where your head goes below your heart. This may increase the throbbing of the surgical site. Don't pick at the surgical area. Allow the extraction site to heal naturally. Do not drink through a straw. Avoid alcoholic beverages for the first 24 hours.
- 8. Smoking** – Do NOT smoke or use any tobacco products. All tobacco products will delay healing and smoking may dislodge the blood clot.
- 9. Sutures** - If they were used, should dissolve on their own within 7-14 days. If they are still there in two weeks call the office if you would like us to remove them at no cost.
- 10. Medications...** Make sure you take your prescribed medications strictly following instructions. **Women taking birth control medications should be aware that antibiotics can cause the birth control medications to be ineffective possibly resulting in pregnancy. Alternate methods should be used while on the antibiotics.**
- 11. Allergic reactions...** for generalized rash, hives, itching, or other reactions, call our office immediately. If we are not available at the time, go to the nearest hospital emergency room.
- 12. Dry Socket** - Dislodging the blood clot may cause a dry socket. Symptoms may include extreme pain, a foul odor, and a metallic taste. If you feel that you may have a dry socket, please call our office immediately.