



## Post Operative Instructions For Extractions

1. DO NOT RINSE MOUTH TODAY. Tomorrow rinse mouth **gently** every 3-4 hours (especially after meals) using 1 tsp of salt to a glass of water. Continue rinses for several days. Avoid hot/warm fluids/ foods for the first 2 days.
2. BLEEDING. Following extractions, some bleeding is to be expected. To help stop bleeding, place folded gauze pads over bleeding area and bite down firmly for 30-40 minutes. If after 4-5 hours you are still bleeding, bite on a wet Lipton tea bag. If bleeding does not stop, call our office. We will see you right away or you will be put in contact with a doctor.
3. SWELLING. Ice bag or chopped ice wrapped in a towel should be applied to the operated area, (10 minutes on and 10 minutes off) for 4-5 hours.
4. DISCOMFORT. Mild to average discomfort, use any **non-aspirin** medication. For severe pain, a prescription will be written for you.
5. FOOD. Light diet is advisable during the first 24 hours. Drink plenty of fluids. Milkshakes (**without using a straw**) are good after extractions. Avoid any vigorous spitting or sucking the first 24 hours.
6. SMOKING. Avoid smoking for **at least 24 hours, 48 hours is preferable**, 20 years is ideal.
7. BONY EDGES. Small sharp bone fragments may work up through the gums for up to six months. These are not roots. If annoying or painful, please call our office for an appointment.
8. INFECTION. If an antibiotic has been prescribed for you, complete the regime. Take it 2 hours after the pain pill, so if one upsets your stomach, you will know which one it was.
9. PROPER CARE. Following recommended oral surgical postoperative recommendations will hasten recovery and prevent complications.
10. POST OPERATIVE APPOINTMENT. You may need to return to the dental office for a post operative check to make sure you are healing normally. The doctor will request this appointment after the extractions if needed. There is no charge for this appointment.