



EXTRACTIONS - Post-op Instructions

Our goal is for your healing process after an extraction to be as comfortable as possible.

The removal of teeth is a surgical procedure, and post-operative care is imperative. Please follow all instructions carefully to avoid any unnecessary pain and possible infection. If you have any difficulties or concerns following your surgery, please do not hesitate to call us or return to our office for a follow-up exam.

IMMEDIATELY FOLLOWING SURGERY:

Keep the gauze pad placed over the surgical area with pressure applied by biting down until the bleeding stops.

Take your prescribed pain medication as soon as you begin to feel discomfort. This will usually coincide with the local anesthetic becoming less effective.

DO NOT suck on a straw, spit, or smoke as this may create a dry socket, which is very painful.

DO NOT rinse your mouth for the first day or while there is still bleeding.

Vigorous mouth rinsing or touching the affected area following surgery should be avoided. This may initiate bleeding caused by dislodging the blood clot that has formed.

Restrict your activities on the day of surgery and resume normal activity when you feel comfortable.

Restrict your diet to liquids and soft foods that are comfortable for you to eat and be careful not to disturb the extraction sites.

Place ice packs on the side of your face where surgery was performed. Ice packs should be placed in a clean towel or cloth to avoid frostbite to the face and should be used for 15 minutes on the side of your face, and then 15 minutes off. Repeat this method throughout the entire first day following surgery to minimize pain and swelling.

For mild discomfort, use ibuprofen (Advil, Motrin). DO NOT take more than 800mg every 4-6 hours as this may cause other health problems to the stomach and kidneys.

After the first day, use a warm saltwater rinse or prescribed RX rinse every 4 hours and after meals to flush out particles of food and debris that may lodge in the area.

RX:

Thank you for entrusting us with your care.

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