

Extraction(s) Post-operative Care

- 1) Bite firmly on gauze pack for 20 - 30 minutes, then remove gently so as not to disturb the blood clot. Loss of the clot may lead to bleeding and/or infection (which can be very painful).
- 2) Smokers are **advised not to smoke for at least 24 - 72 hours** after extractions. Smoking promotes bleeding and interferes with healing.
- 3) **Do not spit, suck through a straw or drink carbonated beverages for 24 hours** as this may dislodge the clot.
- 4) Do not rinse your mouth or brush your teeth for 8 hours after the extraction. After this time, brush your teeth gently avoiding the extraction site.
- 5) 24 hours after the extraction, rinse (do not swallow) with warm salt water (1/4 tsp salt in 8 oz water) every 4-6 hours. This promotes healing and reduces possibility of infection. Continue this for one week.
- 6) Swelling after extractions is a normal physical reaction. Application of ice packs during the first 12 hours (10 minutes on, 10 minutes off) can reduce the amount of inflammation and discomfort. The inflammation peaks at 48 hours and can last 4-6 days. Some bruising may also occur, but will resolve in 7-10 days.
- 7) Do not overexert yourself physically the rest of the day. Elevating your head with pillows or reclining in a lounge chair may be helpful.
- 8) Some blood may ooze from the area and is normal. If bleeding begins again, place a small damp gauze pack over the area and bite down for 20-30 minutes. You may also use a moist tea bag. If the bleeding doesn't cease, call our office immediately.
- 9) Some discomfort is normal after extractions. It can be controlled, but not eliminated. Take pain control pills with food and a glass of water if nausea results. If prescription pain pills are being taken, do not drive or drink alcohol while on the medication.
- 10) Avoid hot foods the day of extractions as heat promotes circulation and bleeding. It is important to drink plenty of fluids, but NOT through a straw. Eat normal, regular meals as soon as possible, but avoid hard crunchy foods for one week such as popcorn, nuts and chips since these can become lodged in the extraction site. Foods like eggs, pasta, yogurt, steamed vegetables and Jell-O are good choices.
- 11) Some stiffness and/or limited movement of the jaw may be experienced. This is normal and should improve in 5-10 days.

Please call our office if:

- bleeding cannot be controlled with gauze
- you experience excessive discomfort
- your swelling increases after the 3rd day
- you have a fever
- you have any questions