

## **Extraction Post Op Instructions**

### **Bleeding**

Bite down on gauze for 1 hour or until bleeding has stopped. Extra gauze will be provided if bleeding resumes. Oozing of blood is normal for the first 24 hours. Excessive bleeding can be controlled by placing gauze or tea bag over the wound and biting firmly for 30 minutes. Avoid frequency pack changes.

**DO NOT** spit, rinse, or use a straw for the next 24 hours. After 24 hours, rinse your mouth with warm salt water after every meal for the first week. Brush your teeth as usual but stay away from the areas of surgery. Pain in the area, the ear, and adjacent teeth, difficulty in swallowing and opening the mouth, alterations in your bite, swelling and bruising may occur and are quite normal.

### **Swelling**

Your swelling will take 48 hours to reach its maximum and then will slowly subside. To minimize the swelling, apply ice to the side of your face at 20 minute intervals for the first 48 hours. After the third day. If swelling is still present, use moist heat instead of ice.

### **Diet/Get Enough Rest**

Stay on a soft food diet for the first couple of days (soups, juices, milkshakes, mashed potatoes, etc.). Good nutrition is necessary for normal healing. Limit activities for at least 24 hours after an extraction. Rest during the day and go to bed early. When lying down, elevate your head slightly.

### **Smoking**

Avoid smoking as long as possible after extractions, as it tends to disturb the healing and may cause dry socket.

### **Medications**

Take and finish your prescription for antibiotics as directed. Antibiotic medication may decrease the effectiveness of birth control pills. Take your first dosage of the prescribed pain medication before the local anesthesia wears off. The local anesthetic will last about 2-3 hours. Do not take the prescription pain medication on an empty stomach. Do not drive or operate heavy machinery while taking the prescription pain medication. Avoid alcoholic beverages while taking prescription pain medication. For minor discomfort, you can take two tablets of Acetaminophen (Tylenol) or Ibuprofen (Advil) every 4 hours.