

Post-Treatment Instructions

Extraction

1. WHAT TO EXPECT- Minor bleeding and oozing at surgery site for 1-2 days. Pain and discomfort slowly improving in 1-5 days. Swelling for 1 week becoming worse on day 2 and 3. Sore and stiffness in jaw.
2. DO NOT RINSE MOUTH TODAY OR TOMORROW. Starting on day 2 post surgery, gently rinse after eating "turning head side to side", with ½ teaspoon of salt mixed in a glass of warm water. Do this for several days.
3. BLEEDING- Expect to have some bleeding. Remember, it is mixed with your saliva so it will appear to be a lot, but if it is pink, that is ok. Bite on gauze for 3-4 hours post surgery replacing every 20-30 minutes. If it persists, place more gauze and firmly bite down for more time. If it continues, place a moist tea bag in area, bite down firmly for another 30 minutes. If bleeding is still dark red, please call our office for instructions.
4. SWELLING- Place an ice bag or chopped ice wrapped in a towel and apply to the outside of the face where the tooth was removed. Keep ice on for 30 minutes and wait 30 minutes before reapplying ice. Do this for 4-5 hours as needed. Do not apply heat.
5. FOOD- SOFT FOODS ONLY for 4-5 days .No spicy foods, chips, seeds, anything hard and small that can get lodged in extraction site.
6. NO SMOKING, ALCOHOLIC BEVERAGES OR SUCKING THROUGH A STRAW for 4-5 days following the surgery. This will prevent the blood clot from being dislodged and causing dry socket.
7. ANTIBIOTICS- May be prescribed depending on individual circumstances.
8. If you notice any unusual symptoms, please call our office.
9. The proper care following your oral surgery will help recovery and prevent complications.
10. PAIN - For mild to moderate dental pain use Tylenol, Advil or a medication which works best for you. NO ASPIRIN. Do not take medication on an empty stomach. This will prevent nausea. Sips of ginger ale or lemon-lime soda may ease bouts of nausea.
 - Extra Strength Tylenol 500mg 4x/day as needed
 - Extra Strength Tylenol 1000mg 4x/day as needed
 - Ibuprofen 600 mg 4x/day as needed
 - Ibuprofen 800 mg 4x/day as needed