



## Extraction Post-Operative Instructions

While you're recovering from your surgery, we have some post-operative instructions to aid with the healing process of the extraction site.

**NO Spitting, NO Rinsing, and NO Drinking** from a straw for the first 24 hours post surgery. A blood clot furnishes a structure for new tissue and eventually, bone. Don't chew on it, brush it, or even rinse right away; this could dislodge the clot. The reason for this is that it takes 16 hours for the blood clot to stabilize itself in the tooth socket. Spitting, rinsing, and straw utilization can remove the blood clot and result in dry socket. A dry socket is an infection of the bone, and is associated with extreme pain.

**Swelling:** Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack to cheek on surgical site. Apply the ice continuously for the first 36 hours. Ice packs should be applied for 15 to 20 minutes every hour - no more than that. To reduce swelling keep head elevated, even when you sleep.

**Bleeding:** Gauze pressure on the area of extraction is essential in the first hour post surgery, this will help in the formation of a blood clot in the extraction site. A blood clot is the source of nutrients to the extraction site, so that healing can be guaranteed. Expect some bleeding. To control persistent bleeding, place a cold tea bag on surgical site and gently bite. If bleeding continues please call our office for further instructions.

**Pain:** You should begin taking pain medication as needed. The prescribed medication should be taken as directed. Suggestions for over the counter pain medications: Tylenol or Extra Strength Tylenol may be taken every 4 hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Do not take any said medications if you are allergic or have been instructed not to. Do not take Aspirin or aspirin containing products are not advisable, as they tend to increase bleeding from the area that was treated. If pain medication has been taken and pain persists, please call our office.

**Antibiotics:** Be sure to take the prescribed antibiotics as directed to help prevent infection.

**Diet:** Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible, unless otherwise directed.

**Activities:** Exercise may lead to throbbing and/or bleeding in surgical area. Keep physical activities to a minimum immediately following surgery. No heavy lifting or bending over for 48 hours following surgery.

**Hygiene:** Good oral hygiene is essential for healthy healing. Continue your regular brushing regimen, keeping in mind instructions listed above.

**Most important:** Call us with any concerns or questions you may have during your recovery.