

Serving the dental community for over 25 years!

HOME CARE INSTRUCTIONS FOR OPTIMAL RESULTS

Post-Operative Instructions for Extractions & Oral Surgery

Day 1: Continue biting on the gauze for 60 minutes following your procedure. Do NOT spit, rinse, suck (using a straw), smoke or drink carbonated or alcoholic beverages for at least 3–4 days. Passively empty your mouth when needed.

- The goal is to keep the blood clot in the socket to prevent bleeding & a painful complication known as DRY SOCKET.

Day 2–4: You will most likely experience one or more of the following symptoms: Minor pain, swelling, bruising, limitation in opening or closing your mouth, pain in jaw or ear, sore throat. No heavy lifting, spitting, sucking, alcohol or smoking.

- Oral hygiene: Brush gently. A gentle lukewarm salt water rinse can be used to freshen your mouth. But again, do not spit; just let the fluid passively empty. The corners of your mouth may become cracked & dry—moisturize frequently.
- Discomfort: Over-the-counter pain medication (Ibuprofen, Aleve & Tylenol) may be taken as directed on the bottle to relieve discomfort.
- Swelling: Apply cold compresses to affected area at 10-minute intervals for the first 24 hours to minimize swelling. Any swelling that occurs usually begins to diminish within 72 hours; call the office if there is no change.
- Bleeding: Some oozing of blood is normal for the first 12–24 hours. Put a hand towel on your pillow as some drooling can occur when you are numb. If you experience excessive bleeding, apply firm pressure with 1–2 folded gauze pads or a damp tea bag on the affected area for 30–60 minutes & keep your head elevated. Call the office if the bleeding does not subside.
- Diet: Drink plenty of fluids. Avoid carbonated & alcoholic beverages. A soft diet will be easiest: yogurt, milkshakes (no straw), soups, fish, pasta. Nothing too spicy is recommended. It is normal to have a little tenderness while chewing & difficulty opening wide.
- Stitches: If you have received sutures, avoid playing with them. Sutures will fall out during the next few days.
- Prescriptions: If you have been prescribed antibiotics, take them as directed until they are all gone, even if symptoms dissipate. Some antibiotics can interfere with the effectiveness of birth control pills or other medications. If pain medication or a mouth rinse is prescribed, take as directed.

In case of any unusual disturbances, questions or any post surgical problems, please call the office.

Call us today if you have any questions

Open 7am–7pm!

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