



Post Operatory Instructions for Dental Extractions

Once your numbness wears off, it is normal to experience:

Mild to moderate pain and discomfort over the next 1-5 days

Swelling for 1 week following treatment, which can worsen on the 2nd– 3rd day

Bleeding can occur for several hours. "Oozing" may persist for the next 1-2 days

It is very important that a blood clot forms at the extraction site to stop bleeding, reduce pain, and speed healing. To protect the clot and avoid dry socket please follow the guidelines:

NUMBNESS: You will be numb for the next 1-4 hours after you leave the office. To prevent injury, do not to bite, chew, pinch, suck, or scratch the numbed area.

SWELLING: To reduce swelling, apply a cold compress wrapped in cloth to the area. Do not apply ice directly to your skin. Apply for 20 minutes, and then remove for 20 minutes for the first 4 to 6 hours as needed.

BLEEDING: After leaving the office, continue biting on gauze to control bleeding. Maintain slight pressure on the gauze for at least 30 minutes. Do not change it during this time; it needs to remain undisturbed while a clot is forming. After 30 minutes, you may remove the soaked gauze and replace it. Repeat this as needed for the next several hours. Small amounts of blood or "oozing" can make your saliva appear quite red. This is normal and may be seen for the rest of the day.

MUSCLE OR JAW SORENESS: Discomfort and/or bruising may be noticed following extractions. Pre-existing TMJ/jaw joint conditions may be aggravated by dental surgery. Clicking, popping, muscle tightness and difficulty opening may be noticed following treatment.

DO NOT DISTURB THE AREA: Avoid vigorous rinsing or swishing, sucking through a straw, and smoking for the next 3 days. Keep anything sharp from entering the wound (hard/crunchy food, toothpicks, eating utensils).

ACTIVITY: Rest and avoid strenuous activities for the remainder of the day following extractions. Avoid exercise and heavy lifting for the first 1-2 days. Keeping blood pressure lower will reduce bleeding and aid healing.

DIET: Do not eat or drink with the gauze in your mouth. Eat soft, bland foods for the first 1-2 days. After that, you can return to normal, regular meals as soon as you are able. Drink plenty of water or other clear liquids. Avoid alcohol and carbonated beverages for 3 days.

SMOKING: Do not smoke for 3 days following surgery. Smoking slows healing and can dislodge the blood clot. Smokers are at greater risk of developing painful dry socket.

IF YOU ARE CONCERNED, WE ARE CONCERNED PLEASE CALL THE OFFICE

ORAL HYGEINE: Gently brush your teeth with a soft bristled toothbrush, avoiding the area of surgery for 3 days. No rinsing or swishing for 3 days after extractions. After 3 days, you can begin gently rinsing with a warm saltwater solution (1/2 teaspoon salt + 8 ounces warm water). Avoid commercial mouth rinses, especially those with peroxide or alcohol for 1 week.



MEDICATION:

Pain medicine: pain medicine should be taken only as needed.

o You may take ibuprofen (600-800mg every 6 hours) alone or with your prescription pain medication. While taking prescription medication, do not drive or operate heavy machinery. Be sure to eat something when taking pain medicine to reduce nausea.

Antibiotics: antibiotics should be taken as directed and until the entire prescription is gone.

o If you develop a rash, itching, breathing problems or vomiting and diarrhea, discontinue medication and call the office. This can be a sign of an allergic reaction or other complications.

o If antibiotics are prescribed following treatment, women on oral contraceptives must be aware that antibiotics can render these contraceptives ineffective. Caution must be exercised to utilize other methods of contraception during the treatment period.

Anti-nausea medicine: if given, anti-nausea medicine should be taken as needed.

o You may take the nausea medication in conjunction with the pain medication to help with discomfort. While taking this medication, do not drive or operate heavy machinery.

o Please contact the office if you need anti-nausea medication

FOLLOW-UP APPOINTMENTS: You may need to return to the office for a brief 1-week healing check or to have sutures removed.

PLEASE CALL THE OFFICE IF YOU HAVE ANY OF THE FOLLOWING:

- Uncontrollable pain
- Excessive or severe bleeding
- Severe pain 3-5 days after treatment with an unpleasant odor
- Excessive, warm swelling occurring a few days after the procedure
- Fever
- Reactions to medications, especially rash, itching, or breathing problems