

POST-OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

1. **Bleeding:** After an extraction it is important for a clot to form to stop the bleeding and begin the healing process. Bite on wet gauze we inserted for 30 minutes following the extraction. After 30 minutes replace with fresh wet gauze we provided and bite for another 30 minutes. You may have to do this several times until bleeding and oozing has stopped.
2. **Rinsing:** Do NOT rinse and spit for 24 hours after the extraction. After 24 hours use a warm salt water rinse after meals for the first week to flush out particles and food debris that may get lodged in the extraction site. (Mix 1 tsp of salt with 1 cup of warm water)
3. **Icepacks:** Apply icepacks to the side of the face for the first 48 hours. Apply ice for 20 minutes then off for 20 minutes and repeat as often as desired.
4. **Avoid:** Touching extraction area with tongue and fingers and other objects.
5. **Smoking:** Avoid smoking for 5 days after an extraction.
6. **Activity:** Do not exercise for 4 days after the extraction. After that be careful as your caloric and fluid intake may be reduced and you may get light-headed, dizzy or weak.
7. **Eating:** Eat soft, easily swallowed foods and cool drinks. Avoid spicy things and things that may get stuck in your teeth or the socket such as seeds, nuts, rice, popcorn and other similar foods.
8. **Drink:** Drink plenty of fluids but do NOT use a straw-this creates suction in the mouth that can cause complications.
9. **Pain:** Take 1 tylenol and 2 ibuprofen every 6 hours as needed for pain.