

POST-OP INSTRUCTIONS AFTER EXTRACTION

- **BITE ON GAUZE FOR THE FIRST 2-4 HOURS.** Replace the gauze in your mouth every 15 minutes with a fresh piece, until the gauze comes out dry. It may take up to 2-4 hours for the bleeding to fully stop.
- **DO NOT RINSE MOUTH OR DRINK THROUGH A STRAW** for the first 24 hours. Tomorrow, rinse mouth gently every 3-4 hours, especially after meals, using 1 teaspoon of salt in a glass of warm water. Continue rinses for 4-5 days.
- **DON'T DRINK** hot, carbonated or alcoholic drinks, and avoid hot and spicy foods as well as sharp foods for the first 24-48 hours.
- **DIET – Do not chew** on the side of the surgical site. Light to mild diet is recommended during the first 24 hours.
- **SMOKING** – Don't smoke or use tobacco for at LEAST the first 72 hours, as it can lead to decreased healing and painful dry socket.
- **SWELLING** – Apply an ice pack or cold compress to the outside of your face over the operated area and continue for 15 minutes on, 15 minutes off. Do this for the first 4-6 hours after the procedure.
- **ACTIVITIES** – Limit yourself to relaxing and calm activities. Do not exert yourself for the first 48 hours. Elevate your head with pillows when you lie down for the first 24 hours.
- **BONY EDGES** – Small sharp bone fragments may work up through the gums during healing. These are not roots. If annoying, return to the office for their simple removal.
- **DISCOMFORT/PAIN** – For mild to average discomfort, take Ibuprofen (Advil) 200-400mg every 6 hours, if you can take Ibuprofen. For more severe pain, you can take Ibuprofen 200mg (Advil) WITH 250mg of Acetaminophen (Tylenol) every 6 hours for pain.

You may take any medication that's prescribed by the doctor instead of the OTC medication, but DO NOT combine the medication.

- **IF ANY UNUSAL PROBLEMS OCCUR, CALL THE OFFICE ANYTIME, 24 HOURS A DAY.**

AFTER THE FIRST 24 HOURS:

- Begin to eat normally, as long as it is comfortable.
- Resume brushing and flossing, but clean gently around the site for about a week.
- If antibiotics were prescribed, continue taking them until they are finished.
- Reduce swelling and soreness by applying moist heat on the outside of your cheek.
- Continue warm salt water rinses 2-3 times per day for 4-5 days