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EXTRACTION POSTOPERATIVE INSTRUCTIONS

EXTRACTION SITE CARE

1. Bite firmly on gauze pack that has been placed until you arrive home, then remove it gently and replace with more dampened gauze. Bite on gauze with firm pressure until bleeding stops.
2. If bleeding is still persistent after 45 minutes, moisten a black tea bag (such as Lipton Tea- no herbal teas) and bite on with firm pressure for 20 minutes.
3. Do not smoke for at least 12 hours. Smoking promotes bleeding and interferes with healing.

BLEEDING

1. Some blood will ooze from the area of surgery and is normal. You may find a blood stain on your pillow in the morning; so, it is advisable to use an old pillowcase the first night.
2. Do not spit or suck through a straw for the first 72 hours because this promotes bleeding.
3. If bleeding begins again, place a small damp gauze pack directly over the tooth socket and bite firmly for 30 minutes.

DISCOMFORT

1. Some discomfort is normal after surgery. It can be controlled but not eliminated by taking the pain pills your dentist has prescribed.
2. Take your pain pills with a whole glass of water and with a small amount of food if the pills cause nausea.
3. Do not drive or drink alcohol if you take prescription pain pills.
4. Bone fragments may work may work themselves out of the extraction site over the next few weeks.

DIET

1. It is important to drink a large volume of fluids. Do not drink thick fluids through a straw, because this may promote bleeding.
2. Eat normal regular meals as soon as possible after surgery. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day.

ORAL HYGIENE

1. Do not rinse your mouth or brush your teeth for the first 8 hours after surgery.
2. After that, rinse gently with warm salt water (1/2 teaspoon of salt in 8oz of warm water) every 4 hours.
3. At that point resume brushing your teeth gently, but avoid the area of surgery. Remember plaque inhibits healing.

SWELLING

1. Swelling after surgery is a normal body reaction. It reaches its maximum about 48 hours after surgery and usually lasts 4 to 6 days.
2. Applying ice packs (15 minutes on / 15 minutes off) over the area of surgery for the first 12 hours helps control swelling and may help the area to be more comfortable.

REST

1. Avoid strenuous activity for 12 hours after your surgery.

BRUISING

1. You may experience some mild bruising in the area of your surgery. This is a normal response in some persons and should not be a cause of alarm. It will disappear in 7 to 14 days.

STIFFNES

1. After surgery you may experience jaw muscle stiffness and limited opening of your mouth. This is normal and will improve in 5 to 10 days.

STITCHES

1. If stitches have been placed in the area of your surgery, you will need to have them removed in about 1 week.

CALL THE OFFICE IF:

1. You experience excessive discomfort that you cannot control with your pain pills.
2. You have bleeding that you cannot control by biting on gauze or a tea bag.
3. You have increased swelling after the third day following your surgery.
4. You have a fever.
5. You have side effects from medications such as rash, itching, nausea or any other unusual symptoms.
6. You have any questions.

If these concerns arise after hours, call 541-880-8772, and please leave a message.