

# Post Op Instructions following Extraction(s)/Surgery

## THINGS TO EXPECT:

- Bleeding: Mild bleeding or “oozing” is normal for the first 12-24 hours following the extraction/surgery.
- Swelling: Swelling is normal following a surgical procedure. It should reach its maximum on post-op day four and should begin to diminish by the sixth post-op day, gradually decreasing each day thereafter.
- Discomfort: Significant discomfort may occur for a few hours after the sensation returns to your mouth. It may gradually increase again on post-op days two, three and four, but should begin to diminish on day six and each day thereafter.

## THINGS TO DO IMMEDIATELY FOLLOWING SURGERY:

1. Keep gauze in place with firm pressure to help control the bleeding. You can change the gauze as needed every 20 minutes until bleeding stops; this can take up to 1-2 hours. If bleeding persists, you can place a regular tea bag, dipped in warm water, over the extraction site. Keep in place for 30 minutes. Do not sleep with gauze or tea bag in your mouth.
2. NO smoking for 72 hours is best. If you must smoke, limit smoking, and place a piece of gauze over the extraction site while smoking. Take a couple of puffs, **DO NOT** smoke a whole cigarette.
3. Avoid rinsing, swishing and drinking from a straw for 72 hours. You may drink from a cup/glass and if you must rinse, DO NOT SPIT, let the water fall out of your mouth. **RINSING, SWISHING, DRINKING FROM A STRAW AND SMOKING CAN CAUSE DRY SOCKETS!**
4. For swelling; place an ice pack on your face for 10 minutes every 30 minutes for the first 8 hours.
5. Take any prescribed medications as directed. Not all extractions require antibiotics and/or pain medication, your Dentist will determine if you need them. You can take any over-the-counter Advil, Motrin or Tylenol as directed on the bottle.
6. A nutritious liquid diet or diet of foods that easily dissolve will be ideal for the first weeks after surgery. For example, smoothies, scrambled eggs, mashed potatoes, yogurt, cottage cheese and soft noodles. Also, you can drink Ensure or a protein drink. Avoid nuts, popcorn, acidic and crunchy foods. Resume to normal diet as tolerated (IF IT HURTS, DON'T EAT IT!). Note, the number one reason for increased pain and swelling is having food stuck in the sockets.
7. If you are on blood thinners, you may resume after 24 hours or as physician has recommended.
8. For the first 24-48 hours, you should **REST!**

## TWO TO THREE DAYS AFTER SURGERY:

1. Brush teeth carefully and keep extraction site(s) CLEAN and free of food debris until holes close in 3-6 weeks.
2. Beginning 24 hours after surgery, rinse your mouth with WARM SALT WATER. Continue rinsing 2-3 times per day for up to 7 days.
3. If ANTIBIOTICS are prescribed, be sure to take ALL that have been prescribed as directed (unless you are experiencing any adverse side effects, in which case you need to contact the office).
4. If SUTURES were used, they will dissolve on their own typically in 1-7 days.
5. A DRY SOCKET is a delayed healing response that is most likely caused by increased heart rate, by smoking, or by not taking pain medications as directed. Dry Sockets may occur during the second to fourth post-op day. They are associated with a throbbing pain on the side of the face, which may seem to be directed up toward the ear. In mild cases, simply increasing the pain medication can control the symptoms. If this is unsuccessful, please call the office.