

Post Operative Instructions for Extractions

Care of your mouth after your extraction has an impact on how well you are going to heal. Discomfort and some restricted jaw functions can be minimized by the following instructions below.

Bleeding: Following extractions, some bleeding can be expected. To stop bleeding, place two folded up gauze pads over bleeding area and bite down firmly for one hour. Change the gauze every hour until the bleeding stops. It may take several hours for all the bleeding to stop. If bleeding continues for a prolonged period of time then take a dry tea bag and place it over the extraction site and bite down firmly until the bleeding stops. If excessive bleeding continues after the tea bag use, call the office.

Swelling: Some swelling of the jaw or by the extraction site may be noticed. Do not be alarmed. This is a normal reaction of the irritated tissue. Apply ice to the swollen area or jaw if necessary for 20 minutes on 10 minutes off for the first 24 hours. Ibuprofen pain medication should also help reduce swelling. If swelling has not reduced after two days from the extraction, contact the office.

Oral Hygiene: ***DO NOT RINSE YOUR MOUTH*** for the first two days after the extraction. This is critical for blood clot formation. After 48 hours you can gently rinse your mouth using a warm salt water rinse. (Add a ½ tsp salt in a large glass of warm water). However, do not swish, gargle or spit.

Eating: Eat on the other side of your mouth and stick with soft foods (jello, cottage cheese, soup) for 4 to 5 days. Drink lots of fluids but avoid drinks with pulp or drinking through a straw. Do not chew gum and no alcoholic beverages.

Dry Socket: **SMOKERS** Do not smoke for 24 to 48 hours following the extraction. Spitting and sucking on a straw should be avoided as these motions can cause the blood clot to dislodge creating a dry socket. In this case, bone will be exposed, unprotected and cause extreme pain. If this condition occurs call the office.

Pain: You may have some discomfort at the extraction site for several days. If you were given a prescription for pain and or infection, take the medication as directed. Medication for an infection **MUST** be taken until gone. If you should develop a rash or hives while taking the medication please call the office immediately.

For discomfort you may take Ibuprofen 800mg (4 Advil) every 6 hours for a few days.

NOTE: (600 mg can be taken but 800mg will give better relief).

If discomfort is not relieved by Ibuprofen add 1 to 2 tablets of Tylenol 500mg extra strength. Take these along with the 800mg of Ibuprofen.