

Post-Operative Instructions for Extractions

ACTIVITY

- Rest as much as possible for the next 24 hours. Avoid strenuous activity for the next 5 days.
- Avoid lying flat for the remainder of the day and sleep with your head elevated for the next 4 days.
- Do NOT blow your nose, use straws, or smoke for two weeks.
- If you received IV sedation, do NOT drive, operate heavy equipment, use power tools, or sign legal documents for the next 24 hours.

BLEEDING

- Gauze packs are placed over the extraction site(s) to help stop bleeding. Bite firmly on the gauze.
- After 45 minutes, remove the gauze and check the site(s). If bleeding continues, use new gauze and apply firm pressure directly over the site.
- Continue checking every hour. If the bleeding has stopped, you do not need to replace the gauze.
- Mild oozing is normal for the first 24 hours, and you may notice some bloody saliva for the next few days.

STITCHES

- Stitches may be in place and will dissolve on their own within 7 to 14 days. Avoid picking or pulling at them. If they cause discomfort, contact the office.

SWELLING

- Swelling is expected and will peak on days 2 and 3, then gradually improve.
- Use an ice pack as much as possible for the next 24 hours:
 - 30 minutes on, 30 minutes off (do not ice while sleeping).
 - After 48 hours, switch to moist heat to help with healing.
- If you have dentures or a prosthesis, do not remove them unless instructed, as they help control swelling.

PAIN MANAGEMENT

- Pain may increase over the first few days, with peak discomfort on days 2 and 3.
- Begin taking Ibuprofen/Acetaminophen within 2-3 hours after surgery and continue every 6 hours for the next 3-4 days to help manage pain and swelling.
- For severe pain, take the narcotic pain medication between doses of Ibuprofen/Acetaminophen—do not take them together to avoid nausea. Alternate the narcotic and Ibuprofen/Acetaminophen every 3 hours. Do not drive or operate machinery while taking narcotic pain medication.
- Always take pain medication with food to prevent nausea.

DIET

- Stick to cold & soft foods on the day of surgery (pudding, yogurt, applesauce, milkshakes, etc.). Maintain a soft diet for the next several days (lukewarm soup, mashed potatoes, yogurt, pudding). Avoid hard, crunchy foods (nuts, seeds, popcorn) for one week.
- Drink plenty of fluids, but do not use a straw for 5 days.
- Boost, Ensure, or Carnation Instant Breakfast are great options for nutrition and energy.
- Avoid hot foods and drinks for 24 hours, as they can increase bleeding and may burn your numb mouth.
- Do not smoke.
- Avoid alcohol for 24 hours after surgery or while taking pain medication.

ORAL HYGIENE

- Do not rinse or brush your teeth today. Starting tomorrow, gently rinse with the prescribed antibacterial mouth rinse 3-4 times a day for one week. Gently brush your teeth, avoiding the surgical site, unless otherwise directed by your doctor.
- Starting one week after surgery, if you were given a curved-tip syringe, fill it with warm salt water and use it to flush the surgical site(s) after eating.
- Do not vigorously rinse, swish, or spit for one week.

IMPORTANT

- If prescribed an antibiotic, take it as directed until completed.

For any concerns, contact our office at: (708) 942-8154