

Post Operative Instructions for Extractions and Oral Surgery

Day 1: Continue biting on the gauze for 30-60 minutes following your procedure. DO NOT spit, rinse, suck (using a straw), smoke, drink carbonated or alcoholic beverages for at least 24 hours. Passively empty your mouth when needed. Try not to disturb the extraction site with your tongue.

- The goal is to keep the blood clot in the socket to prevent bleeding and a painful complication known as a DRY SOCKET

Day 2: You will most likely experience one or more of the following symptoms: Minor pain, swelling, bruising, limitation in opening your mouth, pain in jaw or ear, sore throat. It is important to listen to your body and take it easy.

- **Oral hygiene:** Brush gently. A gentle, lukewarm salt water rinse can be used to freshen your mouth. But again, do not spit; just let the fluid passively empty. The corners of your mouth may become cracked and dry- moisturize frequently.
- **Discomfort:** Over-the-counter- pain medication (Ibuprofen, Aleve and Tylenol) may be taken as directed on the bottle to relieve discomfort.
- **Swelling:** Apply cold compresses to affected area at 10 minute intervals for the first 24 hours to minimize swelling. Any swelling that occurs usually begins to diminish within 72 hours; call the office if there is no change.
- **Bleeding:** Some oozing of blood is normal for the first 12-24 hours. Put a hand towel on your pillow as some drooling can occur when you are numb. If you experience excessive bleeding, apply firm pressure with 1-2 folded gauze pads or damp tea bag on the affected area for 30-60 minutes and keep your head elevated. Call the office if the bleeding does not subside.
- **Diet:** Drink plenty of fluids. Avoid carbonated and alcoholic beverages. A soft diet will be easiest: yogurt, milkshakes (no straw!), soups, fish, pasta. Do not eat anything too spicy. It is normal to have a little tenderness while chewing and difficulty opening wide.
- **Stitches:** If you have received sutures, avoid playing with them. A fifteen-minute appointment will be needed to remove the sutures in 7-10 days.
- **Prescriptions:** If you have been prescribed antibiotics, take them as directed **until they are gone**, even if symptoms dissipate. Some antibiotics can interfere with the effectiveness of birth control pills or other medications. If pain medication or mouth rinses is prescribed, take as directed.
- **Limit** strenuous work or activity for at least **24 hours**.

In case of any unusual disturbances, questions or any post-surgical problems, please call the office (985)951-2220.