

POST OP INSTRUCTIONS FOR EXTRACTIONS

BLEEDING:

After tooth extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30 minutes after the appointment. If the bleeding or oozing still persists, place another gauze pad and bite firmly for another 30 minutes. You may have to do this several times. If 2 hours have passed since surgery and dark red blood is coming out of your mouth (not just pink saliva or the taste of blood) bite on black tea bags for 30 minutes with firm pressure. Tea bags help clot formation.

After the blood clot forms, it is important not to disturb or dislodge the clot as it aids healing. Do not rinse vigorously, drink through a straw, smoke, drink alcohol or brush teeth next to the extraction site for 7 days. These activities will dislodge or dissolve the clot and slow the healing process. Limit vigorous exercise for the next 24-48 hours as this will increase blood pressure and may cause more bleeding from the extraction site.

PAIN and SWELLING:

After the tooth is extracted you may feel some pain and experience some swelling. An ice pack or an unopened bag of frozen peas or corn applied to the area will keep swelling to a minimum. Take pain medications as prescribed. The swelling usually starts to subside after 48-72 hours.

Use the pain medication as directed. Call the office if the medication doesn't seem to be working. If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone.

FOOD and HYDRATION:

Drink lots of fluid and eat nutritious soft foods following the extraction. You do not need to have a liquid diet. Scrambled eggs, over-cooked pasta, mashed potatoes, apple sauce, pudding, ice cream and Jello and similar foods are all great choices when recovering from oral surgery. Avoid spicy foods, soda and alcohol for at least 7 days. You can eat normally as soon as you are comfortable.

In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour including the prescribed medicine. You should sip on herbal teas, coke, sprite or ginger ale slowly over a fifteen-minute period. When the nausea subsides you can begin taking solid foods and the prescribed medicine. If you have persistent vomiting, please call our office so we can prescribe you an anti-nausea medication.

BRUSHING and HYGIENE:

It is important to resume your normal dental routine 24 hours after surgery. This should include brushing and flossing your teeth at least once a day. This will speed healing and help keep your mouth fresh and clean.

After a few days you will feel fine and can resume your normal activities. If you have heavy bleeding, severe pain, continued swelling for 2-3 days, or a reaction to the medication, call our office immediately.

AFTER WISDOM TEETH REMOVAL

The removal of impacted wisdom teeth and the surgical extraction of teeth are quite different from the extraction of erupted teeth. The following conditions may occur, all of which are considered normal:

- The surgical area will swell.
- Swelling peaks on the 2nd or 3rd day after surgery.
- Stitches, if used, will dissolve in about 1-2 weeks and fall out. It is okay if it comes out sooner.
- Stiffness of muscles (trismus) causes difficulty in opening your mouth for several days.
- You may have a slight earache.
- A sore throat may develop.
- Your other teeth may ache temporarily.
- The corners of the mouth may become dry and crack. Your lips should be kept moist with cream or ointment.
- There will be a space where the tooth was removed. After 24 hours this area should be rinsed following meals with warm salt water or a prescribed mouthwash until it is healed. This cavity will gradually fill in with new tissue. Do not rinse with regular OTC mouthwash for at least 7 days.
- There may be a slight elevation of temperature for 24 to 48 hours. If temperature continues, notify us.
- It is not unusual to develop bruising in the area of an extraction or in the face.
- During the healing process you may have small, sharp bone fragments which will loosen and come through the gums and eventually come out. These are not roots or pieces of tooth. If these bone fragments become bothersome, call the office and arrange for them to be removed.
- To avoid complications, do not smoke for 7 days following the procedure.
- Please take all prescriptions as directed.

DO'S

- Expect pain, swelling and bleeding
- Take your medication as directed
- Rest/no physical activity
- Avoid the surgical site/s with your tongue, toothbrush or fingers
- Stay hydrated and eat nutritious foods
- Sleep with an extra pillow night of surgery to keep head elevated.
- Call us if you have any questions

DON'TS

- Smoke for 7 days
- Don't drink through a straw
- Vigorously rinse swish or spit
- Eat spicy foods or drink soda
- Exercise for 1-2 days

*Women please note: Some antibiotics may interfere with the effectiveness of your birth control pills. Please check with your pharmacist.