

EXTRACTION POST-OP INSTRUCTIONS

You can promote faster healing and avoid complications by simply following these instructions.

Your mouth will feel numb for several hours. This sensation will go away as the anesthetic wears off. Do not eat or drink until your mouth feels normal.

BLEEDING

- You may have been given some gauze to bite down on. Keep the gauze in place for the next 30 minutes to one hour. Replace if necessary. Fold the gauze into a pad thick enough to bite on. Moisten the pad and place directly on the extraction site. Hold firmly in place by biting down on the gauze or use finger pressure, for about 30-60 minutes.
- If bleeding continues, place a damp (not wet) tea bag on the area for 15 minutes. If bleeding continues, contact our office immediately.
- **Do not drink alcohol** for 72 hours after surgery.
- **No heavy lifting for 24 hours.**
- You may want to cover your pillow with a towel the first night.

SWELLING

- The healing process begins immediately after surgery as your body sends blood to nourish the tooth socket. Complete healing will take one to two weeks and swelling may last 48 hours.
- To decrease facial swelling in the first 24 hours, intermittently place a cold (ice) pack on the outside of your face (twenty minutes on and twenty minutes off). **Do not** lie down unless you feel faint.
- After 24 hours, you may use warm moist heat on your face to aid healing and help reduce stiffness.
- If your jaw is sore, massage the jaw muscles gently.
- In the event that you experience any unusual swelling, pain or bleeding, contact us.

PAIN

- Some discomfort, bleeding and swelling should be expected in the next 24 hours as your mouth heals.
- **Do not take aspirin** for pain. Instead use Ibuprofen or Tylenol. Taking ibuprofen before the anesthetic wears off can reduce pain and swelling.
- If pain worsens after 48 hours, you have probably developed a 'dry socket'. Please contact us immediately, so we can treat this condition.

DO NOT DISTURB THE WOUND

It is important for a blood clot to form in the extraction site. Once the blood clot forms, we want it to stay in place. If the blood clot is disturbed and removed, a painful condition called a 'dry socket' may form.

- **Do not suck on a straw**
- **Do not blow up balloons**

Hughes Dental Clinic
201 West Amelia St.
Cassville, WI 53806

(608) 725-2361

www.CassvilleDentistry.com

EXTRACTION POST-OP INSTRUCTIONS

RINSING

- **Avoid rinsing and forceful spitting** for 48 hours.
- After the first 24 hours, **VERY** gently rinse this area with warm salt water (1 teaspoon in 8 oz warm water) after every meal and snack and before bedtime, making sure the water reaches the extraction site. Rinsing removes food particles and debris from the socket to help promote healing.

SMOKING

- **No smoking** for 72 hours
- Smoking will increase pain and slow the healing of your gums and bone.

EATING

- When numbness has worn off you may eat but be sure to chew on the opposite side for the first 24 hours in order to keep food away from the extraction site.
- For the first 24 hours, maintain a diet of cold, soft foods such as ice cream, jell-o, yogurt, cottage cheese, apple sauce, etc. Avoid sticky food like taffy. Avoid food that crumbles such as potato chips, crackers, etc. Avoid hot spicy foods.
- Drink plenty of fluids.
- Remember, proper nutrition is necessary for healing.

BRUSHING

- For several days after the extraction, it is important to keep the areas as clean as possible to prevent infection and promote healing. Do not directly brush the extraction site for the first 3-4 days after surgery. You can gently and carefully wipe the site with a clean, wet gauze pad or cloth. Do not floss next to the extraction site.
- Maintaining proper and consistent oral hygiene is essential to helping your mouth heal, as well as preventing any future dental problems. Carefully brushing and flossing the rest of your teeth twice a day is a must. Do not rinse forcefully for at least 48 hours.

As always, we encourage you to ask questions and discuss any concerns you may have about your oral health. Your healthy smile is our first priority.

Hughes Dental Clinic
201 West Amelia St.
Cassville, WI 53806

(608) 725-2361

www.CassvilleDentistry.com