



## Extraction Postoperative Instructions

### Wound Care

- Bite firmly on gauze pack that has been placed, until you arrive home, and then remove it gently.
- **Do not smoke for at least 24 hours** ideally up to 72 hours because this will promote bleeding and interfere with healing.

### Bleeding

- Some blood will ooze from the area of surgery and is normal. You may find a blood stain on your pillow in the morning, so it is advisable to use an old pillowcase the first night.
- Do not spit or suck thick fluids through a straw, because this promotes bleeding.
- If bleeding begins again, place a small damp gauze pack directly over the tooth socket and bite firmly for 30 minutes.
- Keep your head elevated with several pillows or sit in a lounge chair.

### Discomfort

- Some discomfort is normal after surgery. It can be controlled but not eliminated by taking the pain pills your dentist has prescribed.
- Take your pain pills with a whole glass of water and with a small amount of food if pills cause nausea.
- Do not drive, or drink alcohol while you are taking prescription pain pills.

### Diet

- It is important to drink a large volume of fluids. Do not drink thick fluids through a straw, because this may promote bleeding.
- Eat normal regular meals as soon as possible after surgery. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day. **Avoid foods that can get stuck in the socket such as rice, pasta, etc...**

### Oral Hygiene

- Do not rinse your mouth or brush your teeth for the first 8 hours after surgery.
- After that, rinse gently with warm salt water (1/2 Teaspoon of salt in 8oz of warm water), every 4hours.
- Brush your teeth gently, but avoid the area of surgery.

### Swelling

- Swelling after surgery is a normal body reaction. It reaches its maximum about 48 hours after surgery and usually lasts 4 to 6 days.
- Applying ice packs over the area of surgery for the first 12 hours helps control swelling and may help the area to be more comfortable.

### Rest

- Avoid strenuous activity for 12 hours after your surgery.

### Bruising

- You may experience some mild bruising in the area of your surgery. This is a normal response in some persons and should not be a cause for alarm. It will disappear in 7 to 14 days.

### Stiffness

- After surgery you may experience jaw muscle stiffness and limited opening of your mouth. This is normal and will improve in 5 to 10 days.

### Call our office if:

1. You experience excessive discomfort that you cannot control with you pain pills.
2. You have bleeding that you cannot control by biting on gauze.
3. You have increased swelling after the third day following your surgery.
4. You feel that you have a fever.
5. You have any questions.