



## POST EXTRACTION INSTRUCTIONS

1. Please bite down firmly on the gauze, after **1 hour**, take the gauze out and **do not** replace it unless you are bleeding “chicken liver” looking blood clots. If that is the case, then use the gauze we have given you, fold it into quarters and bite down firmly for another hour. You may also use a dry tea bag and bite down on that for an hour. Sit upright with the head above the legs and remain quiet without talking while you are biting on the gauze.
2. No rinsing or spitting or drinking through a straw for **24 hours** following surgery.
3. If you are a smoker, Please **No Smoking** for the next **72 hours**. All forms of smoking which includes electronic cigarettes should be avoided. Smoking after oral surgery may cause a very painful condition called dry-socket and may affect the healing.
4. Eat soft foods for the next two days and drink plenty of water. Eat soft protein-containing foods to help healing and the building of new tissue. Avoid sparkling and acidic drinks.
5. Light to moderate physical activity for the next two days.
6. Apply ice pack to the face where the surgery was performed. Apply it 10 minutes on, 10 minutes off for at least 6 hours today to control pain and swelling.
7. If we have placed an immediate denture after extraction, please leave the denture in place overnight, if possible, and come to your appointment the next day for follow-up.
8. It is normal for the surgical site to ooze a little blood and stain the saliva slightly red. Do not worry about this as you will continue to see this for the next 48 hours after surgery.
9. If prescribed, please take your antibiotic and/or use the antibacterial rinse as directed by the prescription.
10. For pain, you may take what you use for a headache and you are not allergic to (Tylenol, Ibuprofen or Aleve) or what we have prescribed. If you are using narcotic medication, use only as directed and do not drive, operate machinery or perform any activity, which may require alertness.
11. Starting 24 hours after the surgery, begin rinsing with warm salt water if you are permitted to use salt (mix 4 ounces of water with ½ teaspoon of salt). Please do this every three hours while you are awake for the next 7 days. If we have prescribed an antibacterial rinse, please rinse with this after breakfast and at bedtime.
12. Brush and floss as usual using caution on the area of the surgery and sutures unless directed not to do so. Keeping your mouth clean will enhance the healing process.
12. As the surgical site is healing, some bony edges or chips may appear. Do not worry those are not roots. If they appear, please call the office so we can monitor and remove them if needed.
13. Please do not disturb the surgical site with your tongue or fingers during its early stages of healing. If you have sutures, please try to leave them alone and come for your sutures removal appointment.
14. If you experience any severe pain or swelling or any thing else which you feel is not right, please call us at 352-243-0018.