

## **Post-Extraction Information/Instruction**

**Bleeding:** Slight bleeding is not uncommon for the first 24 hours. Biting on gauze for approximately one hour should reduce oozing. If the bleeding persists beyond that time, replace gauze with moist, non-herbal tea bag for an additional 30 minutes. If oozing continues, please contact our office.

**Rinsing/Hygiene:** Please refrain from rinsing or spitting for the next 24 hours. Beginning tomorrow, you should rinse your mouth gently using warm salt water 3-4 times a day (1/4-teaspoon salt/6 oz. of warm water). You may resume your normal brushing routine immediately with gently brushing in the surgical area.

**Smoking/Straws:** Please refrain from smoking for the first 72 hours. Smoking may delay the healing process. Refraining from straws and carbonated beverages for the first 24 hours will also help promote an easier healing process.

**Diet:** You should begin a soft a liquid diet as soon as you feel comfortable doing so. Please keep in mind that you should have something to eat before taking any pain medications.

**Swelling/Bruising:** You can reduce swelling by applying ice to the affected area. 10 Minutes on and 10 minutes off for the first 6-8 hours. Keep your head elevated and avoid bending over and strenuous exercise for the first 72 hours. Facial swelling is normal following surgery and will peak at approximately 72 hours. Then it will gradually decrease. You may experience discoloration of the skin several days following surgery. This normal and will gradually disappear.

**Medication:** You will be provided with prescriptions for pain relief and any additional medications your doctor feels will be necessary for your treatment. Do not drive vehicles or operate heavy machinery while taking pain medications. If taking antibiotics while taking birth control pills, alternative birth control methods are recommended. Prescriptions refills may be requested by call our facility Monday through Thursday, 9:00A.M. – 5:00P.M.

**Sharp bony Edges/Dry Sockets:** You may experience hard, sharp areas when you place your tongue on the surgical site. You may think it is missed part of your existing tooth. This is the hard, bony wall originally supporting the tooth and will remodel on its own or occasionally, may need assistance from your doctor. “Dry Socket” is a term usually describing an area where the blood clot has dissolved leaving an exposed bony area. This can be treated easily by placing a medicated dressing in the surgical site and is accomplished by our surgical staff and/or doctor.

In the event any unusual symptoms occur or you have questions, please contact the practice where you received your services and one of our helpful staff members will be happy to assist you.