

## Post Op Instructions for Extractions

### Today

- Bite on the gauze for 30 minutes. Change the gauze 30 minutes later. The gauze will be stained with blood when you remove it. This is OK. If your mouth is filling up with blood after removing the second gauze reposition the gauze so MORE pressure is against the socket site. If that does not stop the bleeding, then wrap a moistened tea bag in the gauze, and bite on it for 30 minutes. If you continue to have bleeding, call the office to speak to the doctor, or hear message on how to contact the doctor should the office be closed.
- Do not rinse out your mouth or spit. This causes more bleeding.
- Avoid foods or activities that create suction in the mouth ( straws, spitting, rinsing, etc)
- Avoid thermally hot foods (coffee, tea, soup, etc.) let them cool before eating. On the day of surgery, most people find cool, soft foods such as ice cream and yogurt to be soothing.
- Avoid foods with sharp edges (chips, crackers, toast, etc) for 4-5 days.
- Avoid smoking for 24 hours.
- Place ice pack on your cheek in the area of surgery. Ice is most effective in keeping the swelling down if placed on the cheek for 20 minutes, and then remove for 20 minutes, throughout the first day. Do not fall asleep with the ice on your face.
- Start pain relievers BEFORE our anesthesia wears off (30-60 minutes after your appointment). Unless otherwise specified, adults start with Ibuprofen 600mg every 6 hours, or 800 mg every 8 hours.
- Take other medication as prescribed. Avoid drinking alcohol if given prescription pain pills.

### Tomorrow

- For swelling, place moist heat on the area of surgery. This is best done with a face towel soaked in hot (but not scalding) water or a hot water bottle. Postoperative swelling peaks 48-72 hours after a procedure, and usually declines over the next week.
- Rinse with warm salt water (1/4 teaspoon salt in 8oz of warm water) four times a day for one week.
- Brush your teeth gently with a soft bristle brush. Avoid the area of surgery.

### Bruising

- Minor bruising after surgery is a normal response and is no cause for alarm. It will improve in 7-14 days.

### Stiffness:

- Some jaw muscle stiffness is common, especially after longer procedures. This is normal and will improve in 7-14 days. Moist heat and ibuprofen will help relieve some of these symptoms.

### Sutures:

- Our Sutures dissolve on their own and will not have to be removed. The sutures will fall out within one week (some even come out the same day). Swallowing the sutures is no cause for alarm. Never pull at the loose sutures. Sutures may last for 2 weeks, depending on the type used.

### Pain:

- Most post-surgical pain will improve by the third day. If pain or swelling is increasing on the fourth day or later after surgery, call the office for appointment.

### Emergency:

- If you ever have difficulty breathing, go immediately to the nearest emergency room.

**For questions or concerns, please call us at (720)-482-0793.**