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## POST-OP EXTRACTION INSTRUCTIONS



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*Following these instructions, will help increase your comfort and promote healing of the extraction sites. If any instructions are not followed, the success of the procedure may be affected.*

**DO NOT DISTURB THE AREA:** For the next 2-3 days, it is very important to allow your body to form a good clot and start the healing process. **Do not rinse vigorously, spit, suck on straws, smoke, drink alcohol or brush teeth near the extraction site for 72 hours.** These activities will dislodge or dissolve the clot and slow the healing process. Avoid hard or crunchy foods, toothpicks or utensils that could enter the wound. Be sure to chew on the opposite side for at least 24 hours.

**BLEEDING:** When you leave the office, you will need to **bite on gauze for at least 30 minutes.** Don't change the gauze, as it needs to remain undisturbed while a clot forms. After 30 minutes you may remove it. If there is still bleeding, you can hold firm pressure while biting on gauze again for another 30 minutes. You can also bite on a moistened tea bag in place of gauze to help with the bleeding. Small amounts of blood can make saliva appear red. This is normal and may be noticed for the rest of the day following the procedure. **Excessive bleeding is a medical emergency. You should go to the emergency room if you cannot control your bleeding with several minutes of pressure biting on gauze.**

**SMOKING:** Smoking should be stopped following surgery for a minimum of 72 hours, but ideally completely discontinued. The suction created when smoking can dislodge the clot and cause a painful dry socket. Healing is greatly reduced because of smoking, including vaping.

**PAIN:** Discomfort is normal after surgery. To minimize pain, take 800mg ibuprofen every 8 hours for the first 48-72 hours. **Begin taking pain medication before the numbing wears completely off.** If prescription pain medication is prescribed, take according to the label. Do not exceed doses. Do not operate vehicles or drink alcohol while taking prescription pain medication. If the pain appears to be worsening, is throbbing, or keeps you awake at night, please call the office. You may have developed a dry socket which requires treatment.

**SWELLING:** Swelling is normal but may increase pain. Try to keep your head elevated above your heart and use an ice pack or bag of frozen peas to help reduce swelling. Apply for 15 minutes, then remove and leave off for 15 minutes. Repeat as needed for the first 24 hours.

**NAUSEA:** This is most often caused by the pain medication or taking medication on an empty stomach. Try a small amount of soft food while taking medication and staying hydrated to reduce nausea.

If you have any questions or concerns, please don't hesitate to call our office: (918)266-6470

**NUMBNESS:** Local anesthetic will cause you to be numb for several hours. **Be very careful not to bite, chew, pinch or scratch the numb area.** In rare instances, residual numbness or tingling can remain for an extended period of days.

**BRUSHING:** No brushing at all for the first 12 hours after extraction. Resume normal dental routine including brushing and flossing for the other areas of your mouth after that time. **As stated above, avoid brushing around or near the extraction site for 3 days.**

**RINSING:** Avoid all rinsing or swishing for 24 hours. These can disturb the formation of the blood clot and cause further bleeding and pain. **After 24 hours you may begin using warm salt water rinses 3 to 4 times a day for 7-10 days. Dissolve 1/2 tsp salt in 8 oz of warm water.** This will help keep the surgery areas clean and aid in healing. Rinse gently and avoid all other types of mouth rinses during this time.

**DIET:** Avoid alcohol for 48 hours. Once gauze has been removed it is fine to eat and drink as soon as you are comfortable. Drink lots of water and eat nutritious soft foods. **Food should require almost no chewing (i.e. pudding, yogurt, soup) and beverages should NOT be carbonated.** After the first 3 days you can begin to slowly introduce regular foods.

**ACTIVITY:** Get lots of rest. Limit vigorous exercise or any strenuous activity for the next 24 hours as this will increase blood pressure and may cause more bleeding from the extraction site.

**ANTIBIOTICS:** If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone. For women using birth control pills, it is important to note that antibiotics will decrease their effectiveness.

**SINUS INVOLVEMENT:** If your sinus was involved in the procedure, avoid blowing your nose, sneezing, or playing a wind instrument for one week. Use of nasal decongestant medications may be recommended.

**STITCHES:** Your stitches may be the dissolving type. Do not be alarmed if they begin coming out on their own 2-7 days following surgery. If you do not have dissolving stitches, you will need to return to the office 7-10 days after surgery to have them removed.

**FOLLOW-UP APPOINTMENTS:** You may need to return to the office to have stitches removed or for a brief healing check.

**Please call if you experience any of the following:**

- uncontrollable pain
- fever
- warm and/or red swelling a few days after the procedure
- reactions such as rash, itching, or breathing problems

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