

Post-Extraction Instructions

Moderate discomfort and swelling occur with most oral surgery procedures. They usually begin within the first 12 hours following the surgery and start to decrease after 48 hours. The amount of discomfort and swelling is unpredictable. It is important to take care of your surgery site, so please follow these instructions:

1. **Bite on gauze for 30 minutes** to stop any bleeding. If bleeding continues, place another gauze and continue to apply pressure.
2. **For at least 24 hours do NOT:**
 - Smoke
 - Drink through a straw
 - Drink alcohol, carbonated beverages (pop) or hot liquids
 - Blow your nose with excessive force
 - Spit excessively
 - Put fingers or tongue in socket
 - Lift or pull on lip to look at sutures

Any of these things may cause the blood clot over the surgery site to dislodge from the “socket” causing a “dry socket” and resulting in unnecessary pain.

3. **Do maintain a soft diet** for the remainder of the day, things like warm soup, ice cream, milkshakes (no straws).
4. **If your discomfort or bleeding continues or worsens** call the office for a re-examination.
5. **If you were given medications**, take them according to the instructions. If you have pain medications at home, you may take them according to instructions.
6. **Oral hygiene:** do not clean the teeth next to the healing tooth socket for the rest of the day. You should however, brush and floss your other teeth thoroughly. Gently rinse your mouth afterwards. The tongue should also be brushed. This will eliminate the bad breathe and unpleasant taste that is common after an extraction.
7. **Tomorrow morning, start rinsing gently with warm water saltwater** (1/4 teaspoon of salt to 1 cup of water) every four hours for two days.
8. **If any problems or questions do arise**, please feel free to call the office.



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