

POST-OPERATIVE INSTRUCTIONS
And
INFORMATION FOLLOWING SURGICAL EXTRACTIONS

BLEEDING - Avoid disturbing the blood clot by feeling surgical area with your tongue, sucking on straws, or spitting, as this may start additional bleeding. A small amount of oozing blood is perfectly normal. Blood mixed with saliva appears to be much more than it actually is. However, if bleeding persists, please call the office.

SWELLING - Apply an ice bag to the outside of your face, over the treated area for fifteen minutes on and fifteen minutes off. Continue as long as possible, or until bedtime. A “baggie” filled with ice and wrapped in a towel works nicely. A hard, tender swelling, especially when accompanied by a fever, may indicate the onset of infection and this should be evaluated as soon as possible.

DIET - Do not drink extremely hot or cold liquids. It is important to have a nutritious diet at all times and particularly during this healing period. The importance of a nutritious diet cannot be overly stressed, especially following surgery. Fluids are encouraged and high protein soft foods should make up the bulk of the diet for the first week. However, any food is permissible as long as it is comfortable to eat. Avoid spicy foods and citrus juices. Avoid chewing hard food in socket area (toast, bagels, crusts of bread).

ORAL HYGIENE - Starting the day following surgery, gently rinse the area three to four times a day with warm saltwater for one week. Continue normal home care procedures for the rest of your mouth. Carefully brush and floss teeth adjacent to extraction sites.

COMFORT - Comfort will be maintained by taking your medication as prescribed. DO NOT WAIT for the discomfort to become severe before taking medication. When the prescription medicine is no longer needed, you may take aspirin-free products such as Tylenol or Advil. Do not take any aspirin products. Some tenderness is anticipated, but moderate to severe pain, persisting for days following extraction, may indicate poor healing and you should call and return to the office for evaluation. Please be advised that certain medications tend to “bind” oral contraceptives, therefore your oral contraceptive may be ineffective.

SMOKING AND ALCOHOL - Smoking may prevent appropriate healing and cause infection. You should not smoke for at least 1-2 (one to two) days after extraction or surgery. Do not drink alcoholic beverages during your healing period.

SLEEPING - Sleep on two pillows with your head slightly raised on the day of the surgical procedure. Get as much sleep and rest as possible.

Please call the office if any of the following occur:

Excessive bleeding
Pain not controlled by the prescribed medication
Fever persists