



Post-op Instructions – Extractions

DO NOT SMOKE for 48 hours following surgery. This can lead to dry sockets, which can be very painful.

DO NOT DRINK THROUGH A STRAW.

DO NOT SPIT. After brushing teeth, lean over the sink and let the toothpaste run out of your mouth.

DO NOT RINSE MOUTH FOR 24 HOURS. After 24 hours from surgery, you may rinse lightly with warm salt water. This will help to keep any food particles from the extraction site. Use ½ tsp of salt to a glass of warm water.

BLEEDING: Following extractions, bleeding is normal. Keep biting pressure on gauze to help to stop the bleeding. This may take ½ hour to a few hours. If persistent bleeding occurs (continually filling the mouth with blood) please call our office.

SWELLING: Place ice pack (or ice in towel) on area outside of face where surgery took place. Repeat for ½ hour on and ½ hour off for up to four hours.

PAIN: Take prescribed medication as instructed. If you do not have a prescription, you may (unless you are allergic) take ibuprofen (Advil) up to 800mg every 6 hours.

EATING: Eat what foods are comfortable for you. You may find that softer foods are easier until more healing has occurred.