



POST-OPERATIVE INSTRUCTIONS FOLLOWING TOOTH EXTRACTION

Bleeding-

Following tooth extraction, a small amount of bleeding (oozing) is to be expected. Mixed with your saliva, this may appear to be more bleeding than is actually occurring. It is important for a blood clot to form to stop the bleeding and begin the healing process. Applying pressure to the extraction site by biting on gauze packs will ensure clot formation. **Please avoid the following activities for 72 hours: vigorous rinsing, sucking on straws, smoking and brushing close to the extraction site.** Limiting physical activity for the first 24 hours is also recommended as it will increase blood pressure and may cause more bleeding.

Swelling-

Swelling and bruising are possible side effects of tooth extraction. An ice pack during the first several hours after surgery will keep swelling to a minimum. Keeping your head elevated (2 to 3 pillows) will help limit and resolve the swelling that does occur. The swelling gradually subsides after 48 hours.

Medication-

If antibiotics are prescribed, be sure to continue to take them for the indicated time, even if signs of infection are minimized. Often, anti-inflammatory medications such as ibuprofen can be taken every 4-6 hours for pain management. If prescribed, use prescriptive narcotic medication only as directed.

Diet-

Soft foods and ample fluid intake are suggested following surgery on the day of your extraction. Initially start with soft, easily digested foods. After the first 24 hours, you can eat normally as soon as you are comfortable.

Sutures-

Sutures may have been placed in the surgical area to help reposition the tissue, promote healing, and decrease post-operative bleeding. In approximately 10 days following your oral surgery, your healing progress will be evaluated. After the first 24 hours, it is important to resume your normal dental routine of brushing and flossing, exercising gentle care around the extraction site. This will speed healing and keep your mouth fresh and clean.