



Extractions | Post-Operative Instructions

Packing

Keep gauze packs in place for 20 minutes after extraction – applying firm pressure – and then discard gauze. Replace only if bleeding continues. If significant bleeding persists, place a moist non-herbal tea bag over the extraction site and hold in place by biting down for another 20 minutes.

A small amount of bleeding is to be expected after an extraction. If bleeding is still significant and uncontrolled, please call the office immediately.

Swelling

To reduce swelling intermittently place ice packs (or two baggies filled with ice) on the side of the face where surgery was performed (20 minutes on/20 minutes off). Do not apply in any one location for more than 20 minutes. The swelling peaks out about four days after surgery. After 24 hours, ice has no beneficial effect.

Rinsing

Gently rinse with an anti-bacterial mouthwash (Listerine), or warm salt water (1/3 teaspoon of salt to an 8 oz. glass of warm water) starting the day after surgery. Rinse a minimum of five times a day until healing is complete

Brushing

Brush before surgery. Following surgery, do not brush until the day after the procedure. Then cleanse the surgical areas three times a day with a soft toothbrush or cotton swab.

Fluids

Clear liquids should be taken in sufficient quantity the first day to prevent dehydration and nausea. This includes water, tea, soft drinks, Gatorade and juices.

Diet

Eat soft foods or full liquids for the first two days and then advance your diet as tolerated. For example, your diet the first day should consist of pudding, Jell-O, soup or applesauce followed on the second day by omelets, pasta, mashed potatoes, etc. As a rule, cold is better than hot and bland is better than spicy.

Pain

Mild discomfort is normal for 4-5 days after the extraction. Take Tylenol, not ibuprofen or aspirin, for pain control. Call the office if pain is not managed by this medication.

Fever

It's normal to have a mild fever postoperatively. If your temperature rises above 101 degrees, call the office.

Do NOT Use Straws

Using straws to drink liquid can cause more bleeding and result in dry sockets. Do NOT use a straw for

Do NOT Smoke

Smoking is the primary cause of infections and dry sockets. Do NOT smoke for at least 24 hours after your extraction.

Exercise

No heavy exertion for five days, then light exercise can be started, increasing as tolerated.

Bleeding

It's normal to have a pinkish tinge to your saliva for up to 24 hours after your extraction

If you have a problem or question post-operatively, please call our office. We are relying on you to communicate with us. It's our goal for your experience to be as pleasant as possible.