

Post-Op Instructions for Extractions

- o If you were given an anesthetic, avoid chewing until the numbness has worn off
- o Bite down gently, but firmly on gauze pads for about an hour after the extraction. If continuous bleeding occurs after the first hour repeat for 30-60 minutes. If bleeding still persists, repeat process as needed. If you are unable to control bleeding please contact our office.
- o Chew on opposite side of the extraction site for the first 24 hours
- o Begin eating soft foods for the next 24 to 48 hours. After this time period has passed, continue eating as normal, but stay cautious of the extraction site.
- o You may place a cold pack on the outside of your mouth to help with soreness and reduce swelling for the first 24 hours. Leave cold pack on 20 minutes per hour while you are awake
- o Absolutely **NO SMOKING or USE of Tobacco Products** for at least 48 hours.
- o No drinking through a straw, vigorous rinsing, or forceful spitting for at least 24 hours
- o No exercising or heavy lifting for at least 24 hours
- o If sharp points in your gums occur call the office so we can remove them
- o If sutures were placed, and you are unsure if they are suppose to dissolve or be removed by Dr. Fana., please give our office a call so that we may inform you on what needs to be done

If you have any other questions or concerns please feel free to call our office at (912)352-3955

