



TOOTH REMOVAL
Post Op Instructions

DO NOT DISTURB THE WOUND: In doing so you may invite irritation, infection and/or bleeding.

DO NOT SMOKE FOR 12 HOURS: Smoking will promote bleeding and interfere with healing and cause the loss of the blood clot.

DO NOT SPIT OR SUCK THROUGH A STRAW: For the first 24 hours do not spit or suck through a straw because this will promote bleeding and may dislodge the blood clot causing a dry socket.

BLEEDING: When you leave the office, you will be given gauze to be placed on the extraction site, it is recommended you change the gauze every 15 to 20 minutes for approximately 1-2 hours depending on the amount of bleeding that is occurring. If the bleeding persists after 2 hours, take a tea bag and bite down on it for 15 to 20 minutes. Tea contains tannic acid, a styptic, which may help to reduce the bleeding. If the bleeding continues after you have tried the tea bag, please call our office.

PAIN: Some discomfort is normal after surgery. Analgesic tablets (i.e.: Aspirin, Tylenol etc.) may be taken. Prescription medication should be taken as directed. If pain continues after 2-3 days please call our office.

SWELLING: To prevent swelling apply an ice pack or a cold towel to the outside of your face in the area of the extraction during the first 2 hours. Apply alternately, 20 minutes on 20 minutes off.

DIET: We recommend for the first 24 hours eating softer foods. Example: Mashed potatoes, soups, eggs. Slim Fast any protein drink, yogurt and ice cream. It is also important to drink plenty of fluids.

BRUSHING/MOUTHWASH: Avoid brushing the area of the extraction for 48 hours after surgery. We recommend that you do not brush the other areas of your mouth for at least 8 hours after your extraction. Mouth rinses should not be used for the first 24 hours after the extraction. A warm salt-water rinse can be used at the time. (1 tsp, salt in a glass of warm water will help in the healing; this can be done for 1 week once or twice daily.