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**PRACTICE LIMITED TO PERIODONTICS
AND DENTAL IMPLANTS**

Periodontics

POST-OP INSTRUCTIONS FOR EXTRACTIONS

This is to avoid a dry socket. A dry socket is when the clot comes off the extraction site and bone is exposed. This can cause a lot of grief. So, if you follow these instructions you should do just fine.

1. Apply ice to the surgery site 20 minutes on/20 minutes off for the first 4 hours and as much as possible for the first 24 hours. Hold it lightly and very still against the skin. Do not rub the ice pack back and forth. The longer you use the ice pack, the better, especially if you are uncomfortable. The ice will make things feel better.
2. Bite down on the gauze, which we will place on the extraction site, for 45 minutes. This will help the clot to form. After the 45 minutes just take out the gauze and throw it away.
3. Do NOT rinse your mouth for 24 hours. Swishing might wash away the blood clot.
4. Do NOT drink through a straw for at least 48 hours. The suction from the straw can move the clot off the extraction site.
5. Avoid extremes of temperatures, especially hot for at least 48 hours. You can eat or drink warm items, but not hot. Hot will cause it to bleed.
6. Do NOT drink carbonated beverages for at least 48 hours. The fizz in carbonation might dissolve the blood clot.
7. If you were prescribed an antibiotic, take it as directed and until all gone, unless you have a reaction to the medication and then contact us immediately. If we prescribed you pain medications they should be taken as directed and as noted on the bottle. Always take your medications with at least 8 ounces of milk or food to decrease the chance of an upset stomach. Taking pain medications and antibiotics at different times will also help prevent this problem. Again, if you have any reactions to the medications, please call us immediately.
8. If you were prescribed Peridex/Chlorhexidine it is a very effective antimicrobial mouth wash to be used as follows: Beginning the morning after treatment, rinse ½ ounce (1 capful) for 30 seconds in the morning and in the evening. Do NOT eat or drink anything (including water) for at least 1 hour after using Peridex. Continue to use until your post-op appointment. You can brush and floss the other areas of your mouth, just not close to any surgical sites.

Once 24 hours has elapsed, begin warm salt water rinses by mixing ¼ teaspoon of salt and ½ cup of lukewarm water. Rinse 3 times a day for a 3 days. NO heavy swishing, just move it around and spit it back out. You can certainly use this longer if you feel it is making things feel better.

AVOID: Hard or crunchy foods, foods with seeds or nuts that can work its way into the gums. Please avoid these foods until you come back for your post-op visit.

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