

Post-Operative Instructions for Extractions and Oral Surgery

Day 1:

- Continue to apply pressure to the extraction site by biting on gauze for 30-60 minutes after the procedure. Some oozing of blood is normal, and blood mixed with saliva can appear to look like a lot more blood. Biting on a soaked green or black tea bag may help with more persistent bleeding. Any severe bleeding that does not stop within a few hours needs to be reported to the office immediately.
- Apply ice in 10 minute intervals to reduce swelling.
- Do NOT rinse or spit forcefully, suck on a straw, smoke/vape, or drink carbonated or alcoholic beverages for at least 24 hours. Passively empty your mouth as needed.
- To prevent a DRY SOCKET, the blood clot in the wound site should not be disturbed.

Day 2: You will likely experience one or more of the following symptoms: discomfort, swelling, bruising, limited jaw opening, and soreness in the jaw, ear, or throat. It is important to listen to your body's cues and take it easy. **No heavy lifting, spitting, sucking, alcohol, or smoking.**

- **Oral hygiene:** Continue to brush and floss very gently around the extraction site. The corners of your mouth may be stretched, cracked, and dry - moisturize frequently with Aquaphor or Vaseline.
- **Warm salt water rinse** - 1 spoonful of salt mixed with 1 cup of warm water forms a solution that can be used as often as needed to gently rinse the mouth. Do not spit forcefully; passively empty your mouth.
- **Discomfort:** Over-the-counter pain medications such as ibuprofen, Aleve, and Tylenol may be taken as directed on the bottle to relieve discomfort. For severe pain, alternate 400mg of ibuprofen with 1000mg of acetaminophen every 4-6 hours.
- **Prescriptions:** If you have been prescribed antibiotics, take them as directed until they are finished, even if no pain persists. Caution: some antibiotics may interfere with the effectiveness of birth control pills or other medications. Contact your physician if you have concerns. If pain medication or a mouth rinse was prescribed, take as directed.
- **Swelling:** Applying cold compresses to the affected area at 10 minute intervals for the first 24 hours helps to minimize swelling. Any swelling that occurs usually peaks by days 2-3 and begins to diminish by days 4-5.
- **Diet:** Drink plenty of fluids. Avoid carbonated and alcoholic beverages. A soft diet is recommended for several days until the gums begin to heal: yogurt, applesauce, shakes (no straw), steamed vegetables, soups, fish, or pasta. Spicy foods and crunchy foods are not recommended. It is normal to have some soreness while chewing and difficulty opening the mouth at first.
- **Stitches:** If you have sutures, avoid playing with them. A quick office visit might be required to remove any non-resorbable sutures in 7-10 days, if they have not yet come out on their own.

If you have any questions or post-surgical concerns, please call the office at (281)678-8344. For after hours, contact us at info@autumnfamilydentistry.com. For medical emergencies, please do not hesitate to call 9-1-1 or visit an emergency facility.