



## Post-Operative Instructions: Extraction(s)

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort:

### Immediately After Your Procedure

- **Avoid Eating Until Anesthetic Wears Off:** Do not eat until the anesthetic has worn off to avoid accidentally biting your lips, cheek, or tongue.
- **Apply Biting Pressure:** Bite on moist gauze for 20 minutes to 1 hour to help stop bleeding and allow a blood clot to form. Mild bleeding or oozing is normal for up to 24 hours.
- **Use Ice Packs:** Place an ice pack on the side of your face where the tooth/teeth were removed. Repeat every 30 minutes for the first 24 hours as needed to reduce swelling. On the third day, switch to moist heat instead of ice packs to reduce swelling faster.
- **Elevate Head:** Sleep with your head elevated slightly above the heart to keep swelling down.
- **Avoid Tobacco:** Do not smoke or use tobacco for 72 hours following the procedure. Smoking significantly increases the risk of dry socket, which can be very painful. If you struggle to stop smoking, please ask us for additional information on how to manage.
- **Avoid Spitting and Straws:** Do not spit, suck through a straw, or suck on candies or lozenges, as these actions could dislodge the clot and increase your risk of infection or dry socket.

### Advanced Bleeding Control

- **Tea Bag Method:** If bleeding persists, bite on a moistened tea bag for 30 minutes. The tannic acid in tea helps to form a clot by contracting bleeding vessels.

### Pain Management

- **Medication Instructions:** Take medication as instructed by the doctor.
- **Ibuprofen:** Take 400 mg of ibuprofen every 4 hours. Ibuprofen is an anti-inflammatory medication that helps reduce pain and swelling.
- **Acetaminophen:** Take 500 mg of acetaminophen every 4 hours, but stagger the dosage with ibuprofen. This means you should take ibuprofen and acetaminophen two hours apart from each other to maintain a consistent level of pain relief.

### Example Schedule:

- **8:00 AM:** Take 400 mg of ibuprofen
- **10:00 AM:** Take 500 mg of acetaminophen
- **12:00 PM:** Take 400 mg of ibuprofen
- **2:00 PM:** Take 500 mg of acetaminophen
- **4:00 PM:** Take 400 mg of ibuprofen
- **6:00 PM:** Take 500 mg of acetaminophen
- **8:00 PM:** Take 400 mg of ibuprofen
- **10:00 PM:** Take 500 mg of acetaminophen



## Oral Hygiene and Care

- **Careful Brushing:** Do not brush at or near the extraction site for the first 24 hours. When rinsing out toothpaste, do not swish water vigorously or spit. Instead, tilt your head from side to side to allow water to flow gently, then lean over the sink and allow the water to fall out of your mouth.
- **Rest:** Limit your activity for the first 24 hours and elevate your head when lying down.
- **Diet:** Do not eat until the anesthetic has worn off. For the first 24 hours, avoid hot, carbonated, or alcoholic drinks and spicy or hot foods. Soft foods are best, and if possible, chew on the opposite side. After the first 24 hours, you may eat whatever is comfortable for you unless otherwise instructed by the doctor.

## After the First 24 Hours

- **Warm Saltwater Rinses:** You can rinse with warm salt water, especially after meals, to help reduce swelling and prevent food particles from contaminating the site. Use 1 teaspoon of salt per 1 cup of water and gently rinse.

## Dry Socket

- **Risk Factors:** Dry socket occurs when the blood clot at the extraction site is dislodged or dissolves before the wound has healed, exposing the underlying bone and nerves. This condition can cause significant pain.
- **Prevention:** Avoid smoking, spitting, using straws, or performing any action that might dislodge the blood clot.
- **Treatment:** Unfortunately, there is no cure for dry socket, but there are treatments available to help alleviate the pain. This may include multiple visits to our office for dressing changes and pain management. If you suspect you have a dry socket, please contact us immediately.

## When to Contact Our Office

Please call our office if:

- **Persistent Profuse Bleeding:** If persistent bleeding occurs such that your mouth is filling up with blood and you are unable to stop it by biting on gauze.
- **Prolonged Pain or Swelling:** If your pain or swelling continues beyond 3-4 days.
- **Allergic Reaction:** If you have an allergic reaction to any medication you have taken.
- **Bad Taste or Odor:** If you detect a bad taste or odor in your mouth.

If you have any additional questions or concerns, please reach out to our office. We are here to support your recovery and ensure you have the information you need for effective healing.