



Post-Surgical Instructions

Below are guidelines to follow post-surgery. Not all instructions will be applicable to each patient. Please feel free to call our office for clarification.

FIRST HOUR

After tooth extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. Bite down gently but firmly on damp gauze packs that have been placed over the surgical areas, making sure they remain in place. Replace gauze if it becomes saturated due to bleeding.

EXERCISE CARE

After the blood clot forms it is important not to disturb or dislodge the clot. The day of surgery: do not disturb the surgical area. You may brush your teeth gently, but do not rinse vigorously or probe the area with any objects. Do not smoke, or drink alcohol for at least 5 days. These activities may dislodge or dissolve the clot and hinder the healing process or lead to dry socket. Limit vigorous exercise for the next 5 days, as this increases blood pressure and may cause more bleeding from the extraction site.

NAUSEA

Nausea is not uncommon after surgery; sometimes pain medications are the cause. Precede each pain pill with a small amount of soft food and a large glass of water. Continue drinking clear fluids and minimize dosing of pain medications. Call our office if nausea persists.

DIET

Please remove any gauze before eating or drinking. Do not use a straw for the first 24 hours after surgery. A soft, non-chew diet is advised for the first couple of days after the procedure. A nutritionally balanced diet is essential for proper healing. If you are a diabetic, maintain strict blood glucose control, ensure a diet low in sugar, and medicate accordingly.

PAIN

Pain from surgical procedures can be controlled by taking the prescribed medications as directed. Unless otherwise instructed, begin the first dose as soon as possible so the pain medication can be in full effect before the local anesthesia wears off. It is not advisable to take prescription pain medication at more frequent intervals than the instructions on the bottle. If pain is not effectively managed, over the counter products (2-3 tablets of 200mg ibuprofen every 6 hours) may be taken between doses of prescription pain medication. If your pain is not managed based on the prescription instructions, please contact our office.



BLEEDING & OOZING

Mild, intermittent bleeding or oozing is normal. If bleeding becomes excessive, please place the provided gauze directly on the bleeding area and apply pressure. Replace with fresh gauze every 20-30 minutes until the bleeding has been controlled. Dampen gauze with tap water, fold it and place over surgical site and bite firmly. A moistened tea bag can be dampened and used if gauze is not available. If bleeding increases, please call the office.

SWELLING

Swelling is not uncommon. To help minimize swelling, apply a cold pack, ice bag or bag of frozen peas (wrapped in a towel) firmly to the outside of the cheek adjacent to the surgical area. Apply ice packs 20 minutes on and 20 minutes off during the first 24 hour post-surgery, then use moist heat. Swelling typically increases and will peak around day 3 post surgery. Swelling will then begin to subside by day 5 post-surgery. The remainder of the post-operative course should be gradual, steady improvement. If you don't experience continued improvement, please call our office.

ORAL HYGIENE

Keeping your mouth clean is essential. However, refrain from rinsing the mouth or spitting for the first 24 hours.

- **Day 2** –mix a warm salt water solution (1/4 teaspoon of salt in a 4oz. glass of warm water) and gently rinse with portions of the solution, taking 5 minutes to use the entire glassful. Repeat as often as you like, but follow this rinse process at least 2-3 times daily after meals.
- **Day 3:** Begin using the syringe provided to gently flush the areas using the same saline solution. This rinse should be done after each meal/snack and before bed. This process should be followed until the socket is completely closed.

You may begin your normal oral hygiene routine the morning after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort.

ACTIVITY

Rest is a very important factor in healing. Over exertion, the first 3-5 days may lead to increased pain, bleeding, or delay healing. You should refrain from exercise for 7 days' post-surgery.

Please feel free to give us a call if you have any questions or concerns at any time during your recovery process.

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