

Post Op Instructions for Extractions

- Do NOT spit, rinse, suck (using a straw), smoke for at least 24 hours. Passively empty your mouth when needed. The goal is to keep blood clot in the socket to prevent bleeding and a painful complication known as dry socket
- Minor pain, swelling, bruising, limitation in opening or closing your mouth, pain in jaw or ear, sore throat may happen.
- NO heavy lifting or working out within the first 5 days after procedure
- Oral hygiene: Brush gently. A gentle lukewarm salt water rinse can be used to freshen your mouth. But again, do NOT spit; just let the fluid passively empty. The corners of your mouth may become cracked and dry – moisturize frequently
- Discomfort: Over-the-counter- pain medication (Ibuprofen, Aleve, and Tylenol) may be taken as directed on the bottle to relieve discomfort. You may also alternate 600mg Ibuprofen with 500mg of Tylenol every 3 hours. If pain medication was prescribed, use as directed.
- Swelling: Apply cold compresses to affected area at 10-minute intervals for the first 24 hours to minimize swelling. Any swelling that occurs usually begins to diminish within 72 hours.
- Bleeding: Some oozing of blood is normal for the first 12-24 hours. Put a hand towel on your pillow as some drooling can occur when you are numb. If you experience excessive bleeding, apply firm pressure with 1-2 folded gauze pads or damp tea bag on the affected area for 30-60 minutes and keep your head elevated.
- Diet: Drink plenty of fluids. Avoid carbonated and alcoholic beverages. A soft diet will be easiest: yogurt, milkshakes (no straw), soups, fish, pasta. Nothing too spicy is recommended. It is normal to have a little tenderness while chewing and difficulty opening wide.
- Stitches: If you have received sutures, avoid playing with them. A post op appointment will be needed to remove the sutures in 2-3 weeks.
- Prescriptions: If you have been prescribed antibiotics, take them as directed until they are all gone and take with food, even if symptoms dissipate. Some antibiotics can interfere with the effectiveness of birth control pills or other medications. If pain medication was prescribed, use as directed.