
Post Operative Care Following Extractions

The Day of Surgery:

Bleeding: If given gauze, change it as directed every 20-30 minutes until active bleeding has subsided (usually 2-3 hours).

- Make sure to apply firm pressure to the gauze.
- You may remove gauze to begin drinking, but place fresh gauze on extraction site(s) if bleeding continues.
- It is normal to experience light bleeding for up to 24 hours. If there is severe bleeding follow instructions below under “Excessive Bleeding”

Do not brush your teeth, rinse your mouth or spit.

Do not drink through a straw.

Swelling: Ice packs may be used to reduce swelling. Rotate ice pack on & off, or side to side, every 30 minutes for 24 hours.

If sedated, once home, begin to drink. Start first with clear liquids, and then gradually advance to soup, and soft foods.

Driving: If sedated do not drive for 24 hours following surgery.

Smoking/Alcohol: Avoid alcohol or smoking today and for a week following surgery.

Numbness: You will probably remain numb for several hours after surgery, so it is recommended that you begin to drink fluids, and take pain medications (over-the-counter or prescribed) before the anesthetic wears off (or when you begin to feel a tingling sensation).

Medications: you have been given the following medications:

_____ Pain medication: should be taken as needed. You may take ibuprofen (400-600mg every 6 hours) in addition to, or instead of, your prescription pain medication. While taking prescription medication, do not drive or operate heavy machinery. Be sure to eat something prior to taking pain medicine to reduce nausea.

_____ Antibiotics: Should be taken as directed until gone. Be aware that some antibiotics can reduce the contraceptive effect of birth control pills. Please contact your gynecologist or pharmacist if you have concerns.

_____ Nausea medicine: should be taken as needed. You may take the nausea medication in conjunction with the pain medication to help with discomfort. While taking this medication, do not drive or operate heavy machinery.

_____ Mouth rinse: use as directed on the bottle.

*If you anticipate the need for a refill on your medication or a new prescription, please contact our office during regular business hours. Please have your pharmacy phone number available before you call.

The First Day after Surgery:

Hygiene: Return to your normal brushing routine, being very careful around extraction site(s).

Avoid using full-strength mouthwashes for 2 weeks.

Begin using a warm salt-water rinse (1/4 teaspoon salt in a glass of warm water) every 2-3 hours for 3 days.

Pain and swelling is normal and expected, and may last for 10-14 days. Don't be alarmed if the third day is the worst.

Continue eating soft foods. You may begin to gradually return to your normal diet as tolerated.

Avoid spicy foods and drinks for 2 weeks.

The Following Days after Surgery:

Sutures/Stitches: You may have sutures placed in your mouth to control the bleeding & hasten healing. They will dissolve on their own over 3-7 days.

Excessive Bleeding (Only Follow these instructions if experiencing severe bleeding):

- Rinse mouth with cool water & gently wipe away blood clots with a clean piece of gauze or a tissue.
- Take a large amount of gauze or 2 tea bags moistened with water & place over bleeding area & close mouth, applying constant pressure.
- Remain quiet & in a sitting position for 20-30 minutes.
- Repeat steps 3 & 4 until bleeding is controlled.

If you have any questions/concerns you may call our office between 7a.m. and 4 p.m. Monday-Thursday, 7a.m and 11 a.m.

Fridays. After hours call: (704) 307-1049. Please note, after 9 p.m. calls will not be returned until the following morning. Should you experience a medical emergency call 911 immediately.

Signature of Patient

Employee Signature

Date