

Post Operative Care Following Extractions

The Day of Surgery:

- **Bleeding:** If given gauze, bite down to apply firm pressure to the area.
- Change every 45-60 minutes until active bleeding has subsided (usually 2-3 hours).
- 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 rinse your mouth, spit or drink through a straw for 3-4 days.

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

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).

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 & speed healing. They will dissolve on their own over 3-7 days. It is normal if your sutures/stitches come loose or break apart.

Medications: you may have been given the following medications:

_____ Pain medication: Take 800mg of Motrin & 4 hours later 1000mg of Tylenol. Alternate between Motrin & Tylenol every 4 hours for 2-3 days. Only take prescribed pain medication if needed. Eating something prior to taking pain medicine can 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.

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

- Take a large amount of gauze or 2 tea bags moistened with water & place over bleeding area & close mouth, applying constant pressure and call office immediately.

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

Date