



oral surgery

post-operative instructions

Home Care Following Your Extraction Appointment

Take any over-the-counter pain **medication** (ie. Tylenol or Advil) or any prescribed medication and/or antibiotics as directed. Start taking pain medication *before* the freezing wears off.

Bite firmly on the gauze that has been placed on the extraction site. Do this until you arrive home, then change the piece of gauze every 10-15 minutes until you see that bleeding has stopped.

Apply an **ice pack** to your face, near the extraction area: 10 minutes on, 10 minutes off. Do this for the remainder of the day; it will help control swelling. Swelling will reach its peak 24 hours post-surgery and will linger up to 72 hours after the procedure.

For the next 24 hours, **minor bleeding** may occur from the extraction site. This is *normal*.

- If excessive bleeding begins, place damp gauze or moistened tea bag (if you run out of gauze) directly over the site. Bite firmly for 30 minutes.

You may experience **bruising** and jaw muscle stiffness. This, too, is completely *normal*.

- Your ability to open your mouth may be limited but try to open and close your jaw to loosen up the muscles. It will take approximately 2-3 weeks for your jaw to move normally again.

Warm and cool **foods** such as soup, yogurt, or ice cream are examples of what can be consumed on day one. Eat normal foods after the first 24 hours have passed.

Tomorrow, attempt normal oral hygiene including **brushing** around the extraction site. Keeping the extraction area clean will promote faster healing.

If **stitches** have been placed in the surgical area, the dentist will inform you whether or not the stitches will fall out on their own (in 2-5 days) *or* if you need to return to the office to have them removed.

avoid:

1. **Do not rinse your mouth or brush your teeth for the first 8 hours after surgery.**
After 8 hours, to keep the area clean, you may rinse *gently* with warm salt water.
2. **Do not use Listerine or Scope for 3-4 weeks.**
These will irritate and burn the surgical site, impeding recovery time and causing pain.
3. **Do not smoke or drink alcohol for 12-24 hours after surgery.**
These substances interfere with healing and cause blood clot breakdown, leading to **dry socket**.
4. **Do not drink through a straw.**
You should drink a large volume of fluids but avoid using a straw. Also, avoid fidgeting with the area.

If pain at the extraction site becomes intense and unbearable with a bad odor and/or taste, you may be developing **dry socket**, a breakdown of the blood clot. If you suspect this is the case, call our office immediately and book an appointment to be seen as soon as possible. If you experience excessive bleeding, increased swelling, or pain after the third day following surgery, please call us.