



### **POST OPERATIVE INSTRUCTIONS FOR ORAL SURGERY (AFTER TOOTH EXTRACTION)**

After an extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why your dentist will ask you to bite on a gauze pad for 30 to 45 minutes after an extraction. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad on the area and bite firmly for another 30 minutes. You may have to do this several times.

After the blood clot forms, it's important to protect it, especially for the next 24 hours.

#### ***It's important NOT To:***

- ***smoke***
- ***Suck through a straw***
- ***Rinse your mouth vigorously***
- ***Clean the teeth next to the extraction site***

Limit yourself to calm activities for the first 24 hours. This keeps your blood pressure lower, reduced bleeding, and helps the healing process. If there is still bleeding after a few hours, you can bite on a wet tea bag.

After the tooth is extracted, you may feel some pain and have some swelling. You can use an ice bag (20 minutes on, 20 minutes off) to keep this to a minimum. The swelling usually starts to go down after 48 hours.

To control discomfort, take pain medication as recommended. Don't take medication on an empty stomach or nausea may result. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. Also **important to DO:**

- ***Drinks lots of fluids***
- ***Eat only soft, nutritious foods on the day of the extraction***
- ***Don't have alcoholic beverages***
- ***Avoid hot and spicy foods***

You can begin eating normally the next day, or as soon as it's comfortable. Gently rinse your mouth with warm salt water **3** times a day (a teaspoon of salt in a cup of warm water, and gently rinse, swish, and spit). Rinse gently after meals. This helps keep food out of the extraction site.

Its very important to resume your normal dental routine after 24 hours. Call the office right away if you have heavy bleeding, severe pain, continued swelling after 2 or 3 days, or a reaction to the medication.