

After Care for Extractions

Day 1: Continue biting on gauze for 30-60 minutes following your procedure. Do NOT spit, rinse, suck (using a straw), smoke, drink carbonated or alcoholic beverages 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 a DRY SOCKET.

Day 2: You will most likely experience one or more of the following symptoms: Minor pain, swelling, bruising, limitation in opening or closing your mouth, pain in jaw or ear, sore throat. It is important to listen to your body and take it easy. **No heavy lifting, spitting, sucking, alcohol, or smoking.**

***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 so moisturize frequently.

***Discomfort:** Over the counter pain medication may be taken as directed on the bottle to relieve discomfort. Ibuprofen or Aleve is suggested.

***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; call the office if there is no change.

***Bleeding:** Some oozing of blood is normal for the first 12-24 hours. Use 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 min and keep your head elevated. Call the office if the bleeding does not subside.

***Diet:** Drink plenty of fluids. Avoid carbonated and alcoholic beverages. A soft diet will be easiest: yogurt, soup, pasta, milkshakes (no straws), etc. Nothing too spicy is recommended. It is normal to have a little tenderness while chewing and difficulty opening wide.

***Stiches:** If you have received sutures, avoid playing with them. A fifteen-minute appointment will be needed to remove the sutures in 7-10 days.

***Prescriptions:** If you have been prescribed antibiotics, take them as directed **until they are all gone**, even if symptoms dissipate. Some antibiotics can interfere with the effectiveness of other medications. If pain medication or a mouth rinse is prescribed, take as directed.

In case of any unusual disturbances, questions, or post-op surgical problems, please call the office.

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