



## **Post-Op Care for Your Extraction**

Avoid disturbing the treatment area.

Allow a few days, especially the first 24 hours, for your body to naturally heal and “clot.”

Avoid dislodging the clot with swishing, sucking through a straw, and smoking.

Prevent toothpicks, eating utensils, or crunchy foods from making contact with the treated area.

Chew on the opposite side of your mouth for 24 hours.

Control bleeding with gauze and light pressure for 30 minutes after your procedure. Avoid removing the gauze during that time. The appearance of blood is normal for in the hours following your procedure.

Avoid smoking after your procedure for at least one week. The suction can dislodge the clot and you may also be susceptible to “dry socket.”

Reduce your pain with over-the-counter pain relievers (Tylenol, Advil, non-aspirin pain relievers) every 3 to 4 hours until bedtime.

Use prescribed pain medication as needed and with food or milk to reduce stomach irritation.

Avoid alcohol if taking any prescribed pain medication.

Apply an ice-bag to the facial area of your procedure in 15 minute increments for the first day following your procedure.

Expect numbness to last for a few hours following the procedure. Avoid chewing or biting until the anesthesia wears off.

Eat soft foods for the first 2 to 4 days, maintain a balanced diet, and drink plenty of water. Avoid alcohol for 48 hours.

Avoid chewing directly on the area of your procedure. Do not brush your teeth for the first 8 hours after treatment. Brush gently for the next 3 days.

Avoid all rinsing or swishing for the first 24 hours to prevent dislodging the clot, increase bleeding, creating a dry socket.

Use a salt water solution to alleviate any discomfort (1/2 teaspoon salt + 1/2 teaspoon of baking soda + 8 ounces of warm water). Mix and hold in your mouth for 2 to 3 minutes every hour as necessary.

Avoid blowing your nose or any activity that would stress your sinuses if your sinus was involved in the procedure. Use a decongestant if necessary.

Avoid strenuous activity for the remainder of the day after treatment.

Take all prescribed antibiotics as directed for the duration of the prescription. Women: consult your pharmacist about birth control complications with antibiotics.

Return as scheduled to your dentist for suture removal and follow-up.

### **Contact your dentist if you experience any of the following:**

- Uncontrollable pain
- Excessive or severe bleeding
- Marked fever
- Excessive warm swelling in the days following your procedure
- Reactions to any prescribed medications (rash, itching, breathing issues)

***Follow these instruction to assure a comfortable healing period and eliminate complications.***