



EXTRACTION POST-OP INSTRUCTIONS

1. WOUND CARE

- Bite firmly on gauze pack that has been placed until you arrive home, and then gently remove it.
- If you continue to notice small amounts of bleeding place new gauze and firmly bite for an additional 30 minutes and then re-check.
- DO NOT smoke for 12 hours because this will promote bleeding and interfere with healing.

2. BLEEDING

- Some blood will ooze from the area of surgery and is normal. You may find a bloodstain on your pillow in the morning.
- Do not spit, or suck through a straw as this promotes bleeding.
- If bleeding begins again, place a small damp gauze pack directly over the tooth socket and bite firmly for 30 minutes.

3. REST

- Avoid strenuous activity for 12 hours after your surgery.

4. ORAL HYGIENE

- DO NOT rinse your mouth for the first 24 hours after your surgery and after the 24 hours rinse only gently.
- You may brush gently, but avoid the area of surgery.

5. DISCOMFORT

- Some discomfort is normal after surgery. It can be controlled but not eliminated by taking medication your dentist prescribed.
- Take your medicine with a glass of water and food.
- DO NOT drive or drink alcohol if you have taken prescription pain pills.

6. DIET

- It is important to drink a large volume of fluids. Again, do not drink through a straw. Eat normal meals as soon as possible after surgery. Cold foods such as ice cream or yogurt may be the most comfortable for the first day. Vegetable soup is a good source of nutrition.