

Post-Surgery Instructions



Healing following oral surgery can be fast and uncomplicated if you follow the directions below. Be careful not to bite your cheek, lip or tongue while your mouth is numb.

Bleeding:

- _ Bite on gauze placed over the socket for 30 minutes after extraction to allow the bleeding to clot. Replace the sponges with new, water-moistened gauze every 30 minutes until the bleeding stops, which may take 1 to 3 hours. If bleeding continues after this time, bite on a black teabag for 30 minutes. If bleeding still cannot be controlled, please contact our office.
- _ Avoid spitting, rinsing, straws or smoking for 24 hours, as these all prolong bleeding and can cause a dry socket. If you must smoke, inhale very lightly with the gauze in place.
- _ Do not overexert yourself or perform any strenuous activities during the next 24 hours.
- _ It is normal for a tooth socket to ooze slightly for 24 hours after an extraction. Sleep with a towel over your pillow tonight to prevent staining.

Diet:

- _ Once the bleeding has stopped, it is okay to eat cool, soft foods for the first 24 hours. Avoid hot, crunchy and sticky foods during this time. Drink plenty of cool fluids without a straw.
- _ Avoid chewing on the side of your mouth where the tooth was extracted for the next 7 days, so as not to disturb the healing.

Pain:

- _ You can expect mild discomfort once the anesthetic wears off in approximately 2 hours. This discomfort peaks about 12 hours after the extraction and then diminishes rapidly after that.
- _ To help manage the pain, you may take either 500-1000 mg of Acetaminophen (e.g., Tylenol) or 600-800 mg of Ibuprofen (e.g., Motrin or Advil) every 6 hours. It is best to take these medications with food or milk to decrease their irritating effects on an empty stomach.
- _ If pain worsens significantly after 1-3 days, please contact our office, as we may need to see you back or call in a prescription to your nearest pharmacy.
- _ Some swelling may occur and usually peaks 2-3 days after surgery. It may help to apply covered ice to your face on the side of the extraction in 15 minute intervals for the rest of today.

Oral Hygiene:

- _ Avoid brushing the teeth immediately adjacent to the extraction site for the next 24 hours. Continue to brush and floss the rest of your teeth as normal, but avoid rinsing afterwards for the next 24 hours.
- _ After 24 hours, dissolve 1 teaspoon of salt in an 8 oz. glass of warm water and gently rinse your mouth out 3 to 4 times a day. This will keep the extraction site clean and promote healing.