**After Your Extraction**

**BLEEDING:**

After the procedure, we will give you moistened, folded gauze to gently bite down on to place pressure over the extraction site. Check the gauze in 20 minutes and if it’s not full, you can take it out and do not need to re-apply. If the gauze is filling with blood, apply new moistened folded gauze or a black tea bag and repeat as needed for the next 24 hours.

Continue to rest quietly with your head elevated and moving your mouth as little as possible for the rest of the day to prevent bleeding from increasing. Avoid strenuous exercise for the next 2 days as well.

It is normal to see pink or blood-tinged saliva for the next 2-3 days after surgery, and we recommend placing a towel over your pillow the first night as you will likely drool a little blood.

If bleeding increases or occurs after the first 2 days, please call the office to notify the doctor and receive further instructions.

**DRY SOCKET:**

**NO** forceful spitting, sucking, using a straw, rinsing your mouth, or drinking carbonated beverages for the next 24 hours, no exercise for the next 2 days, and smoking is not advised for the next 7 days.

Doing any of these could cause a dry socket infection (loss of blood clot from socket) . If a dry socket occurs there is constant pain that may radiate to other areas including ear, jaw, and teeth. Symptoms of a dry socket do not typically occur until the 5th to 7th day after the procedure. If there is no improvement during the first few days following the procedure, call the office. A medicated dressing may be placed or a medicated syringe may be given if the medications taken by mouth do not resolve the discomfort.

**SWELLING:**

Swelling is the body’s normal reaction to surgery and healing. The swelling will not become apparent until the day following surgery and will not reach its peak for 2-3 days. After this time, the swelling should decrease but may persist for 7-10 days.

Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24 hours. After 48 hours, begin use of a warm, moist compress to the cheek.

**DISCOMFORT/ MEDICATION:**

Unfortunately, most oral surgery is accompanied by some degree of discomfort. If you do not have an allergy to non-steroidal anti-inflammatory medications like Ibuprofen (Motrin, Advil) we recommend taking this prior to the local anesthetic wearing off. Please take 800 mg (4 over the counter tablets) of ibuprofen every 8 hours for the next 2 days. If you still have discomfort, if you do have any allergies to NSAIDS, or if you are on blood thinners take 1000 mg (2 over the counter tablets) of Extra Strength Tylenol every 8 hours for the next 2 days. You may also add up to 540 mg (2 over the counter tablets) of Aleve daily. **Please do not exceed these doses**. After 2 days, taper off from the medications as possible and you should note discomfort subsiding a little more each day. If not, please call our office.

If we have prescribed you a narcotic, you may take it every 4-6 hours as needed for any breakthrough pain. You may not drive or operate heavy machinery while taking the narcotic as it may make you drowsy. You may also cut the pills in half if it is too strong. If you are taking Extra Strength Tylenol with the narcotics, only take 1 tablet of the Tylenol as the narcotics also contain Tylenol.

If we have prescribed you a short acting steroid such as a Medrol dose pack or an antibiotic, take the medications exactly as prescribed and take until you have finished them completely.

**EATING:**

Please follow a soft food diet for the next week, taking care to avoid the surgical area(s) when chewing. Chew on the opposite side and do NOT use your front teeth to bite into food if the procedure was done in the front of the mouth. Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids.

**SMOKING:**

If you can or want to quit smoking, now is a great time. Please do not smoke following your extraction for at least 48 hours. Tobacco smoke is an irritant to healing and can prolong and/or discourage the healing process.

**HOMECARE:**

The best way to prevent infection and ensure healing is to keep your mouth clean. Clean your mouth thoroughly after each meal beginning the day **AFTER** surgery. Use a soft bristle toothbrush and toothpaste after meals and at bedtime. Should bleeding resume after brushing, repeat the use of gauze as described above.

Do not rinse your mouth the day of surgery, but starting 24 hours after, swish with warm salt water (½ teaspoon salt in a glass of water) for 30 seconds 4-6x a day.

**DO NOT** use any mouthrinses with alcohol, including Listerine as this tends to dry out the mouth and slow down healing.

**IF** you are instructed to wear a **clear appliance or an upper denture that covers up the roof of the mouth**, do **NOT REMOVE it for 24 hours NO MATTER WHAT!** It may pool with blood, but leave it in there and just swoosh with Chlorhexidine rinse or lukewarm salt water. After 24 hours you are to wear it as much as you please, especially while you eat for your comfort.

**Tips to remember:**

* **Please do NOT play with the surgery area or any sutures with your fingers or tongue.**
* **Do NOT pull down the lip or cheek to look at the area and do not have someone else look at the area. Just LEAVE IT ALONE!**
* **Do NOT use a drinking straw, as the suction may dislodge the blood clot.**
* **Avoid extremely hot foods. Cold foods such as ice cream or shake are OK as long as you use a spoon.**
* **Avoid sleeping / laying down on the side of the affected area**

**Try to relax and practice the best oral hygiene possible and your healing should progress well. If you have any questions or concerns, please call the office.**