



Lakeview
Comprehensive Dentistry

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POST-OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

Please follow the instructions below to minimize bleeding, prevent dry sockets and improve comfort.

Bite on gauze for 30 minutes. Repeat as necessary using firm, steady pressure or bite on a cold, wet, tea bag and keep your head elevated. This should significantly control bleeding, however, slight oozing of blood is to be expected.

For the next 24 hours:

Keep head elevated.

Food and drink should be cold, cool, or room temperature.

Apply ice pack to outside of face over the surgical or extraction site. Alternate 20 minutes on and 10 minutes off.

24 hours AFTER procedure:

Gently rinse mouth with warm, salty water (1/2 teaspoon salt to an 8 oz glass of warm water). For approximately 2 minutes

Do this 3 times a day for 3 days.

Brush teeth carefully avoiding surgical area or extraction site.

For 4 days AFTER procedure:

Do not smoke

Do not spit

Do not use a straw

Do not "suck" or irritate the area with your tongue

Do not use hydrogen peroxide

Do not drink carbonated or fizzy beverages

Do not use commercial mouthwash

Do not take aspirin

Eating:

You may begin drinking and eating after the gauze is removed

Cold, cool or room temperature foods for the first day

Soft food for comfort. Do not eat nuts, seeds, or sharp food.

Eating something before you begin pain pills will help prevent nausea

What you can expect:

To see diluted blood in your mouth for 2-3 days

To swell around the extraction site or surgical area

To be VERY sore for at least 4 days (3rd day is the worse)

To gradually feel more comfortable after one week

To have bad breath for 1-2 weeks

Notify us immediately for:

Repeated vomiting, uncontrolled bleeding, or a fever of 101 F or greater

Do not drink alcohol, drive, or operate machinery while taking narcotic pain medication.