



Post-Op Instructions After Extractions

After extractions

Mild bleeding and oozing can be expected for the first 24 hours. Place the gauze over the surgical site and bite firmly for 30-45 minutes and repeat as necessary. If bleeding is heavy or excessive, please call the office for further instructions.

Swelling:

Swelling and edema is expected after surgery and can be significant 2-3 days after surgery, especially after wisdom teeth removal. This swelling may involve the cheeks, mouth, face, and around the eyes. Cold compresses applied to the outside of the cheek will help with post-operative swelling and discomfort for the first 24 hours. It is strongly discouraged to smoke, drink from or straw, or vigorously rinse for 72 hours from the extraction to prevent dislodgement of the blood clot.

Diet:

Start with a liquid diet and advance to softer foods such as milkshakes, smoothies, yogurts, and blenderized foods. Do not drink out of straws as the sucking motion may dislodge the clot that is forming and cause more bleeding. Adequate hydration and nutrition is very important. Try to maintain normal caloric intake by increasing fluids to compensate for any lack of calories.

Pain:

It is expected to have pain after surgery. Begin taking pain medication as soon as you begin to feel the anesthetic wear off. It is okay to take over the counter pain medication for mild to moderate pain. For more severe pain, take the prescribed pain medication as instructed by your doctor.

Brushing:

Continue to brush your teeth but avoid the teeth directly adjacent to the extraction sites for the first 24 hours. On day two, resume routine gentle brushing of all of your teeth. Avoid commercial mouth rinses as they can irritate the area. It is okay to use salt water rinses ($\frac{1}{2}$ teaspoon of salt in a cup of warm water) after meals and before bed.