

Extraction Post-Operative Instructions

The First 24 Hours

Bleeding: Do not rinse or spit for 24 hours! This prolongs bleeding and may disturb the blood clot.

Smoking and sucking through a straw should be avoided until the bleeding stops. Occasional bleeding may be expected for 12-24 hours following surgery. This is usually controlled by biting a moist tea bag placed over the surgery site for 20-30 minutes. If prolonged, excessive bleeding occurs, call our office.

Pain: Some discomfort may be experienced following surgery. Appropriate prescriptions are supplied to minimize discomfort.

Swelling: Some swelling and/or discoloration of the face may be expected. Do not be alarmed by this normal reaction of the tissues to surgery. Apply an ice bag or towel wrapped around cracked ice, to the affected area for a 10 minute interval. Remove for 10 minutes. Repeat the procedure for the **first 24 hours only!**

Diet: Do not eat until the numbness is gone! To avoid biting or burning yourself eat cold or room temperature foods, **nothing hot!** Suggested foods include: Milkshakes, applesauce, soups (room temperature), soft drinks, ice cream and generally anything soft.

Sucking through a straw should be avoided until the bleeding stops

If you had IV sedation today: You may feel sleepy or relaxed, avoid any activity for the rest of the day; take it easy. For your safety, avoid drinking, signing legal documents and working for the next 12-24 hours.

After the First 24 Hours

Mouth Care: An antibiotic mouth wash is often sent to use until you can clean comfortably. Along with that, you can rinse gently and carefully with warm salt water 4-5 times daily, especially after meals (1/4 tsp. salt in a glass of water), or a warm mouth rinse is an acceptable alternative. Please brush your teeth to maintain cleanliness.

Dry Socket: A so-called "dry socket" simply means that your body, for some unknown reason, has not maintained the blood clot that normally fills the socket and protects it. This condition is painful when left untreated, but periodic dressings placed by the doctor can keep you quite comfortable until the socket heals. The period of time and number of dressings that must be used vary considerably from person to person. The effect of the medicated dressing lasts only a few days, so you will be given a return appointment. The fact that you have a "dry socket" does not in any way change the final healed result. Smoking greatly increases the risk for dry sockets. Smoking should be avoided for as long as possible. Nicotine gum and electronic devices are also a risk.

Bone Sequestras: Loose fragments of bone may work themselves free from the surgical site after oral surgery. They may appear even weeks or months following the procedure. If you notice this condition, call the office for an appointment.

Take Ibuprofen as Follows:

- 400 mg as needed for discomfort, not to exceed four doses per day.
- 400 mg four times a day for two days, then as need for discomfort.
Take prescribed pain medication as needed and directed.
- 400 mg four times a day for four days, then as needed for discomfort.
Take prescribed pain medication as needed and directed.

Last given: _____

Please call if you have any questions and concerns:

Office: 260-471-1222 or 800- 572-2655, **Dr. Lee:** (C) 260-494-7496