



*Compassionate Care. Exceptional Results.*

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## Post-op Extraction

Here are our recommendations to help your body heal quickly following your tooth removal. If you have any difficulty, problems or questions regarding your post operative care please call. We are here for you.

1. Hold pressure on the extraction site for the first hour following your dental visit. Always be sure to place the gauze directly over the site of tooth removal, bite down and hold pressure for 1 hour. Extra gauze has been given to you so you may change the pressure pack as needed. If bleeding continues after the first hour place another gauze packing over the site and hold pressure for an additional 45 minutes to one hour. Continue doing this until bleeding has stopped. If you should run out of gauze, a tea bag, which has been moistened, is also effective. It is not unusual to have slight oozing for up to 24 hours.
2. Please follow these recommendations for a 24-hour period.
  - a. **DO NOT** drink through a straw
  - b. **DO NOT** drink anything with carbonation (fizz)
  - c. **DO NOT** use any form of tobacco
  - d. **DO NOT** engage in strenuous activity
  - e. **DO NOT** rinse for the first day after surgery since this could dislodge the blood clot, or lead to a dry socket. Tomorrow you could gently swish or rinse out extraction site with luke warm salt water after meals.
3. Liquids diet today or softer foods after bleeding has stopped. Tomorrow you may eat a normal diet.
4. Further Instructions:
  - a. Be very cautious not to bite yourself while you are numb.
  - b. Ice packs should be applied to the face adjacent to the surgery sites to prevent swelling. To the extent possible, apply for periods of 20 min on and 5 min off until bedtime on the day of surgery. If significant swelling occurs after 48 hrs call the dentist, this could indicate infection.
  - c. Place an old pillowcase or towel over pillow; bleeding can occur during the night.
  - d. If sutures (stitches) are placed they must be removed in one week
  - e. If bleeding continues into the second day, call the office.
5. Take medications as prescribed.

It is normal to have discomfort for 2 to 3 days, if your discomfort continues after 3 days; this may indicate a "dry socket" which can be treated. Please call the office **(952) 475-0989**.