

POST-OP INSTRUCTIONS AFTER EXTRACTION

Gauze Placement & Bleeding

- Bite down gently but firmly on the gauze packs placed over the surgical areas.
- Do not change the gauze for the first 30 minutes unless instructed.
- It is normal to experience oozing for up to 24 hours.

Persistent Bleeding

- Bleeding should not be severe. If it is, the gauze may not be placed correctly.
- Reposition the gauze so that it puts direct pressure on the surgical area.
- If bleeding continues:
 - Try a moist tea bag for 20–30 minutes. The tannic acid helps form a clot.

Diet

- Stick to soft, cool foods for the first day (e.g., yogurt, pudding, milkshakes).
- Avoid:
 - Using a straw for the first week
 - Foods that can get lodged in the socket (nuts, seeds, popcorn)
- Gradually reintroduce solid foods over the next few days.
- **Don't skip meals!** Regular nourishment helps with healing and reduces discomfort.
- Diabetic patients: Maintain your normal eating schedule or follow your doctor's specific instructions.

Medications

- First line for pain: Use over-the-counter options such as Advil, Motrin, or Ibuprofen.
- If needed, take the prescribed pain medication provided to you.
 - **Do NOT take extra Tylenol (acetaminophen)** if your prescription already contains it.
- Always take medication with food or liquid to avoid nausea or stomach upset.
- Do not exceed the recommended dosage.

A certain amount of pain is expected. However, if pain worsens after 3 days or if you experience ear pain, please contact our office.

Oral Hygiene

- Do not disturb the surgical area on the day of surgery.
- Avoid:
 - Vigorous rinsing or spitting
 - Probing the area with your tongue or objects
- You may resume gentle brushing the day after surgery.
- If prescribed Chlorhexidine Rinse:
 - Start 3 days after surgery
 - Twice a day for 7 days
- **Avoid smoking for at least 48 hours**, as it greatly increases the risk of dry socket (a painful condition where the clot is lost)



POST-OP INSTRUCTIONS AFTER EXTRACTION (CONT.)

Irrigation

- If provided with an irrigating syringe, begin using it 5 days after surgery:
 - Fill with warm salt water
 - Use to rinse lower extraction sites only, twice daily
 - Do not flush upper sites unless directed

Sutures

- If sutures were placed, they will usually dissolve on their own within 5–7 days.
- Do not tug, cut, or disturb them.

Physical Activity

- Avoid all physical activity (e.g., exercise) for at least 5 days after surgery.
- Do not lift anything heavier than 15 lbs during this period.

QUESTIONS OR CONCERNS? PLEASE DON'T HESITATE TO CONTACT OUR OFFICE.