



## POST OPERATIVE INSTRUCTIONS FOLLOWING TOOTH EXTRACTION

\*\*Recommended pain protocol unless otherwise specified is 500 mg Tylenol AND 600 mg Ibuprofen taken TOGETHER every 6 hours for the first two days. After the first two days it may be taken on an as needed basis.\*\*

**PAIN:** Some discomfort is normal after surgery. Pain typically will peak during the first few hours when sensation returns after the local anesthetic has worn off so it is very important to take your first dose of medication prior. Pain typically will increase by day 2 or 3 and then will diminish over the next few days. Most procedures can be managed with over-the-counter medications as recommended. Take medications as instructed on the label. Don't exceed the dose on the label. Medication can take 30 minutes to 1 hour before the effect is noticed. Do not drink alcohol while taking prescription medications.

**BLEEDING:** Bleeding or oozing can be expected for the first 24-48 hours. When you leave the office, you might be biting on gauze to control bleeding. Keep slight pressure on this gauze for 30 minutes and minimize talking, movement, chewing or removing the gauze. It is very important to leave the gauze undisturbed while a clot forms in the extraction socket. If bleeding continues bite on a new clean, and slightly dampened gauze and leave undisturbed for 30 minutes. Repeat as needed. Keep head elevated and rest.

**DO NOT DISTURB THE AREA:** For the next few days and especially the first 24 hours, it is very important to allow your body to form a good clot and start the natural healing process. Swishing, sucking through a straw, spitting and smoking.

**SWELLING:** Swelling can be normal after surgery. Typically swelling will increase by day 2 or 3 and then diminish by fifth day. Applying ice to the face over the operated area will minimize swelling. Apply ice for 10 minutes on and 20 minutes off for first 48 hours as needed. Use a warm, wet rag or heat pad after the second day until the swelling subsides.

**DIET:** Eat a nutritious liquid and/or diet of soft dissolvable foods for the first week. Avoid using straws. Gradually return diet to normal after two weeks.

**ACTIVITY:** Rest for the first 24-48 hours. If your procedure included sedation, then refrain from any activity for 24 hours.

**SMOKING:** Smoking greatly increases your risk of dry socket, infection, and delayed healing and should be avoided.

**NAUSEA:** This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food and taking the pill with a large glass of water.

**BRUSHING:** Maintaining oral hygiene is important during wound healing. Brush with care around the surgical site.