



Extraction Post-Op Instructions

- No rinsing, spitting or drinking with straws, and/or smoking for at least the next 48-72 hours.
- (if provided) Bite on gauze for 30-40 minutes firmly to stop bleeding. Change as/if needed.
- To prevent swelling, you may use an ice pack 20 minutes on and 20 minutes off for the next 24 hours. Use warm compresses thereafter.
- Take pain medicine as prescribed by your doctor. In order to prevent nausea which sometimes can occur, it may be helpful to take medication with food.
- Some swelling, pain, limited opening, and general discomfort is expected for approximately 3-4 days. This may be more or less severe depending on the extensiveness of the surgery and your own particular reaction to injury/treatment.
- Stretch your mouth as much as possible starting several hours after surgery to prevent swelling and to help maintain your chewing ability.
- The day after your surgery you may rinse your mouth with warm salt water to keep the area clean and speed up the healing process.
- Do not use mouthwash, especially those containing alcohol.
- Stay on a soft, cool diet and drink lots of fluids. Avoid any physical labor/exercise for 48-72 hours.
- Brush teeth even if your mouth is sore, it must be kept clean for healing. You may gently brush around the extraction area.
- We suggest that you do not drink any alcoholic beverages or smoke for at least the next 48-72 hours. It may thin out the blood and prolong the bleeding.
- Keep your tongue away from the extraction areas. Do not suck on the area as it can disturb the blood clot. The blood clot is responsible for the healing process. If severe pain, excessive bleeding, or anything you feel is out of the ordinary occurs, please contact our office.