



## POSTOPERATIVE INSTRUCTIONS

- **DO NOT DISTURB THE EXTRACTION SITE:** In doing so you may invite irritation, infection and/or bleeding. Be sure to chew on the opposite side for 24 hours and keep anything sharp from entering the site (i.e. eating utensils, etc.).
- **DO NOT SMOKE FOR 24 HOURS:** Smoking will promote bleeding and interfere with healing.
- **BRUSHING:** Do not brush teeth for the first 8 hours after surgery. After you may brush your teeth gently, but still avoiding the area of surgery.
- **MOUTH WASH:** Avoid all rinsing for 24 hours after extraction. This is to ensure the formation of a healing blood clot which is essential to proper wound healing. Disturbance of the clot can lead to increased bleeding or the loss of the blood clot. If the clot is lost, a painful condition called dry socket may occur. The next day gently rinse your mouth with warm salt water three times a day (put a teaspoon of salt in a warm cup of water, and gently rinse, swish and spit). Also rinse gently after meals. This will help keep food out of the extractions site.
- **DO NOT SUCK THROUGH A STRAW:** This will promote bleeding and may dislodge the blood clot causing a dry socket.
- **BLEEDING:** When you leave the office, you will be given verbal instructions regarding the control of postoperative bleeding. A rolled up gauze pad will be placed on the extraction site and you will be asked to change this dressing every 20 minutes or so depending on the amount of bleeding that is occurring. It is normal for some blood to ooze from the area of surgery. We will also give you a package of gauze to take with you to use at home if the bleeding should continue. Hold firmly in place, by biting or with finger pressure, for about 20-30 minutes. If bleeding still continues, you may fold a tea bag in half and bite down, which may help to reduce the bleeding.
- **PAIN:** Some discomfort is normal after surgery. Ibuprofen or Tylenol may be taken under your dentist's direction. Prescription medication, which will be given to you, should also be taken as directed. If pain continues, please call our office at (602)788-0730.
- **SWELLING:** To prevent swelling, apply an ice pack or cold towel to the outside of your face in the area of the extraction during the first 12 hours. Apply alternately, 10 minutes on then 10 minutes off, for an hour or longer if necessary.
- **DIET:** Eat normal regular meals as soon as you are able after surgery. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day. It is also important to drink plenty of fluids.