



Post-Operative Instructions

While you're recovering from your surgery, we have some Post-Operative instructions to make you more comfortable and speed healing of the extraction site,

1. Gauze pressure on the area of extraction is essential in the first hour post surgery. This will aid in formation of blood clot in the extraction site. Blood clot is the source of nutrients to the area, so that healing can be guaranteed.
2. NO Spitting, NO Rinsing, & NO Drinking from a Straw for the first 24 hours post surgery. The reason for this is that it takes 16 hours for the blood clot to stabilize itself in the tooth socket. Spitting, Rinsing and Straw utilization can remove the blood clot and result in Dry Socket. Dry Socket is infection of the bone, and it is associated with extreme pain.
3. If you've been given a prescription for antibiotics make sure all capsules are taken as directed.
4. Do not take Aspirin or Ibuprofen post surgery. Only Extra Strength Tylenol can be taken for pain.
5. Food: Liquid Cold diet only! Nothing Hot, Spicy or Sharp to be consumed for the first 24 hours post-surgery. Soup broth that has been cooled in the fridge is one suggestion. Any kind of juice or soda can be consumed.

You're going to be a little sore for a day or so. If we have prescribed medication for pain, take it as directed. Anytime you suspect the pain is abnormally intense, call the office right away. Any instructions we've given you for antibiotics must be followed to the letter - take them until all are gone.

Try to keep your head elevated, even when you sleep. Swelling can be controlled by ice packs. Apply packs for 15 to 20 minutes every hour - no more than that.

Expect some bleeding. A gauze pad pressed gently over the area will usually minimize bleeding. A blood clot will begin to form within an hour after surgery, and you must take special care with it for 24 hours. The clot furnishes structure for new tissue and, eventually, bone. Don't chew on it, brush it, or even rinse right away. Avoid sucking through a straw. This could dislodge the clot.

Most important: call us with any concerns or questions you may have during your recovery period.