

Dental Extractions: Post-Operative Instructions

Bleeding:

- Bite on gauze for at least 10-20 minutes after you leave the office to control the bleeding. This may need to be repeated with fresh gauze
- Oozing may persist for up to 48 hours
- Elevate your head when lying down

Pain:

Take the pain medications recommended before the freezing wears out. Stop the medication if you get bad side effects.

Swelling:

Swelling may increase gradually over 24-48 hours. Swelling will maximize at 48-72 hours. Ice packs applied externally to the area at 20 minutes intervals throughout the day of surgery may help control swelling.

Activity:

Restrict your activity to a minimum for the first 2-3 days. Hard work or exercise may promote bleeding.

Diet:

When the freezing wears out completely, drink plenty of fluids and eat soft foods (e.g. oatmeal, eggs, pasta, rice, soup). Resume eating normally as soon as it is comfortable. Avoid hot, spicy foods.

Oral Hygiene:

Gently rinse your mouth with warm salt water after each meal beginning the day after surgery. Brush the rest of your teeth normally; clean very gently around the surgical area.

Side Effects:

Pain in the jaw, pain in adjacent teeth, restricted mouth opening, or stretching or cracking at the corners of the mouth may occur postoperatively. These should improve as healing progresses.

When to Call Us

- Heavy or increased bleeding
- Uncontrolled pain
- A reaction to the medication

Don't...

- Don't spit
- Don't drink through a straw or suck on candies
- Don't rinse your mouth until 24 hours after the extraction
- Don't smoke or use tobacco for at least 72 hours after the extraction
- Don't drink alcohol