



## Post-Op: Extractions

### **Instructions:**

Bite firmly on the gauze for 20-30 minutes after surgery, but no longer than 1 hour. A small amount of bleeding from the extraction site is normal. If excessive bleeding occurs, wet a tea bag, place it over the extraction site, and gently close down with firm pressure for 30 min to 1 hour. This can help force clotting.

DO NOT rinse your mouth for 24 hours after surgery. After the first 24 hours use salt water rinses. Mix ½ tsp of salt in a glass of warm water and rinse after each meal.

A soft diet is recommended for the first 24 hours. Avoid any alcoholic and carbonated beverages. No smoking or drinking through a straw until the extraction site healing has been well established.

Use an ice-pack (ice cubes in a plastic bag wrapped in a towel) to help keep the swelling down. Place firmly on the outside of your face for 1-2 hours. Do not use heat for swelling for the first 24 hours.

You may have been provided with a prescription for post-op discomfort, read the label carefully and take as prescribed. DO NOT drive or drink any alcoholic beverages while taking pain medication. An upset stomach is a possible reaction to the medication. If this occurs, discontinue the medicine or call our office.

The best way to prevent infection is to keep your mouth clean. Brushing your teeth after each time you eat will help prevent this.

Discomfort may be most severe the first day and then diminish each day after. Pain that goes away for two or three days then comes back is NOT normal. If this happens, call our office immediately at (208)-529-3836.

### *If you were sedated:*

DO NOT make any important decision for 24 hours.

DO NOT drive or operate heavy machinery for 8-24 hours.

A responsible person must stay with the patient for 4-6 hours. If the patient becomes difficult to arouse, please give us a call. If the patient has a difficult time breathing, call 911 immediately.