

Instructions after Teeth Extractions

Day 1: Continue biting on the gauze for 30-60 minutes following your procedure. Do NOT spit, rinse, suck (using a straw), smoke, drink carbonated or alcoholic beverages for at least 24 hours. Passively empty your mouth when needed. The goal is to keep blood clot in the socket to prevent bleeding and a painful complication known as DRY SOCKET. If bleeding persists, change the dressing every hour as needed.

Day 2: You will most likely experience one or more of the following symptoms:
Minor pain, swelling, bruising, limitation in opening or closing your mouth, pain in jaw or ear, sore throat. It is important to listen to your body and take it easy.

No heavy lifting, spitting, sucking, alcohol or smoking.

Oral hygiene: Brush gently. A gentle lukewarm salt water rinse can be used to freshen your mouth. But again, do not spit; just let the fluid passively empty. The corners of your mouth may become cracked and dry – moisturize frequently.

Discomfort: Over-the-counter- pain medication (Ibuprofen, Aleve, and Tylenol) may be taken as directed on the bottle to relieve discomfort. If the doctor has prescribed you pain medication, take as directed.

Swelling: Swelling may be minimized using a cold pack, ice bag wrapped in a towel and applied firmly to the cheek twenty minutes on twenty minutes off during the first 24 hours after surgery. Any swelling that occurs usually begins to diminish within 72 hours; call the office if there is no change.

Bleeding: Some oozing of blood is normal for the first 12-24 hours. Put a hand towel on your pillow as some drooling can occur when you are numb. If you experience excessive bleeding, apply firm pressure with 1-2 folded gauze pads or damp tea bag on the affected area for 30-60 minutes and keep your head elevated. Call the office if the bleeding does not subside.

Diet: Drink plenty of fluids.

Avoid carbonated and alcoholic beverages.

A soft diet will be easiest: yogurt, milkshakes (no straw), soups, fish, pasta.

Nothing too spicy is recommended. Avoid extremely hot or cold foods. Avoid hard foods, which may be lodged in the socket areas.

It is normal to have a little tenderness while chewing and difficulty opening wide.

Stitches: If you have received sutures, avoid playing with them. A fifteen minute appointment will be needed to remove the sutures in 7-10 days.

In case of any unusual disturbances, questions or any post surgical problems, please call the office.