

Post-Op Instructions Do's & Don't For Extractions

Proper care after surgery can reduce complications and speed healing.

Things To Do

- For the next **4 hours** keep firm biting pressure on the gauze sponge placed over the surgical site(s). NOTES: Some oozing of blood is normal during the first 24 hours. If this occurs, with clean hands, roll up a gauze pad (we will provide you with these) and place it over the site. **Repeat for an hour** the firm biting pressure until gauze is light pink in color.
- Good nutrition is essential for good healing. **A soft diet** is recommended for the first 2 days following the procedure (milkshakes, yogurt, applesauce, soup, pudding, ice cream). You can begin this with soft foods like pasta and pancakes after 2 days.
- If the Doctor feels that **ice is necessary**, it should be applied to the face outside the surgical site for about 20 minutes, then off for 10 minutes for the first **1 to 2 days following surgery**. If you are being treated for an infection, or if an infected swelling site was drained, **do not use ice at all**.
- Take any medications as recommended by your doctor:
 - a. Motrin every 4 to 6 hours as needed for pain. Take first dose now.
 - b. Take any prescription as prescribed
If needed for additional pain relief:
 - c. Add on **2 Tylenol** or **1 Tylenol and 1 Vicodin every 4 hours**.
 - d. Or **2 Vicodin for severe pain only**. Vicodin may cause nausea, stop medication if this happens.**Take ALL medications with food.**

Things Not To Do

- **DO NOT** rinse, spit, use a drinking straw, smoke, or rub your tongue over the area. After the 24 hour period, rinse with warm salt water (approx. 1/4 teaspoon salt to 8oz. warm water). Beginning the second day, this should be done hourly, especially after meals.
- If stitches were placed around the extraction site(s) be careful not to disturb them, they will dissolve or fall out within 2 weeks or sooner.
- **Avoid:**
 - a. Any excessive activity, especially during the first few hours after an extraction
 - b. Smoking or alcoholic beverages because they will cause severe pain
 - c. **Smoking should be completely avoided for two weeks**
 - d. Acidic beverages (orange juice, grapefruit juice) or carbonated beverages (soda)
 - e. Picking at the extraction site because this disrupts the healing process

Note

Occasionally a fine piece of bone may work itself free from an extraction site. This is nature's way of eliminating an area that does not have an adequate blood supply to heal properly.