



## Post-op Instructions - Tooth Extraction

**DO** bite firmly on the Gauze Pack. Remove the gauze pack in 30-45 min. If heavy bleeding persists after several hours, take a moistened regular tea bag and bite down on it for 30 min.

**DO** take pain and other medications as directed. Start taking Pain Medication before numbness starts to wear off. It will take 30-40 min after swallowing to receive full benefit of the pain medication. You may alternate taking Ibuprofen with the pain medicine.

**DO** apply ice pack to side of face for the first day, or **DO** have cold smoothie or frozen yogurt with a spoon only.

**DO** eat SOFT FOODS / LIQUID diet for the first 48 hrs.

**DO** elevate head with 2-3 pillows when lying down for the first 48 hrs. This will help decrease the amount of bleeding and swelling.

**DO** start with SALT WATER SOAKS (½ tsp in 8 oz. cup of warm water) **24 hrs. AFTER** surgery. Hold salt water in mouth for 2-3 min. **No** hard swishing or spitting, and let the water fall out of mouth gently. Do this gently every 8 hours, and after meals for 2 days.

**DO** start brushing teeth the day after surgery. A clean mouth is less likely to get infected.

**DO** start alternating the prescription pain meds with an anti-inflammatory (Ibuprofen, Advil, Motrin). This will help relieve soreness.

**DON'T** vigorously Rinse or Spit for 48 hours after surgery.

**DON'T** participate in any Vigorous Activity for a minimum of 48 hrs.

**DON'T** suck through a STRAW for 3-4 days after surgery.

**DON'T** smoke for at least 48 hours. Nicotine shrinks blood vessels and prevents good healing.

**DON'T** take the pain medication on an EMPTY STOMACH.

**DON'T** drink any CARBONATED or ALCOHOLIC beverages for at least 48 hrs. These products may tend to break down the blood clot.

**DON'T** drive or operate any dangerous machinery while taking prescription pain medications.

**ANTIBIOTICS:** If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.

**(OVER)**

**FOLLOW-UP APPOINTMENTS:** You may need to return to the office to have sutures removed, or just for a brief follow-up healing check.

**Dry Sockets:** If the pain gets WORSE after 7 days the clot may be breaking down, which will require further treatment.

**Swelling/Bruising:** is expected. This will reach it's peak 2-3 days after surgery and will subside after the next week. If new swelling arises 5-6 days after surgery or is associated with increased pain, please call.

**Bleeding:** Bleeding is expected the first one to two hours after surgery. After this period, slight continued oozing is expected for 24-48 hrs. The salt water soaks/rinses are designed to help keep surgical sites clean.

**Please call if you have any questions, Please call during office hours  
Snellville Family Dental: 770-800-7545**

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems