

EXTRACTION POST-OPERATIVE INSTRUCTIONS

AVOID:

Drinking through a straw
Vigorous rinsing (swishing)
Carbonated Beverages
Alcoholic Beverages
Smoking
Hot Liquids for 24 hours

DO NOT rinse the day of the surgery

DO NOT exercise or do heavy lifting for 3 to 5 days after the surgery

EATING:

DO NOT EAT FOODS THAT FORM HARD INSOLUBLE CRUMBS

Nuts
Raw veggies
Chips
Cookies, Etc...

DO NOT EAT FOODS WITH SMALL SEEDS

Strawberries
Tomatoes
Sesame or poppy seeds

YOU MAY EAT ANY OTHER FOODS THAT ARE COMFORTABLE TO YOU.

ORAL HYGIENE:

Normal brushing is required just be gentle near the surgery site.

Do not use commercial mouthwash for forty-eight hours (Scope, Listerine, Etc...)

Beginning the day after surgery rinse with warm salt water; mix half a teaspoon of salt with one cup of warm water. DO NOT swish vigorous.

WHAT TO EXPECT FOLLOWING ANY SURGERY:

To slow or prevent bleeding, bite with light pressure on the gauze pack that has been placed over the surgical area. Pressure should be applied in one hour intervals and repeated until the bleeding is brought under control. If bleeding persists without slowing for several hours, apply gauze soaked in strong tea or a moistened tea bag and repeat the above steps until the bleeding stops. Exercising and heavy lifting will raise your blood pressure and will dislodge the blood clot and bleeding will resume. Therefore, avoid any type of exercise for three days.

SWELLING:

To prevent and/or minimize swelling apply ice packs in ten-minute intervals to the surgical area. After twenty-four hours, apply moist heat to the area to relieve swelling. Swelling is a natural part of the healing process and can be expected from three days to several weeks depending on each individual's immune system.

DISCOMFORT:

Following most surgical procedures there may or may not be pain. You will be provided with medication for discomfort. In most cases, based on very good research, a non-narcotic pain regimen will be given consisting of Acetaminophen (Tylenol) and Ibuprofen (Advil). Take two Ibuprofen and then two hours later take two Tylenol and continue alternating. These two medications taken together will be as effective as a prescription narcotic without any negative side effects. If a narcotic has been prescribed, follow the directions carefully. If you have any questions about these medications interacting with other medications you are presently taking, please call our office, your physician and/or pharmacist.

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