



## POST OP INSTRUCTIONS AFTER EXTRACTION

**After EXTRACTION**, a blood clot may form in the area. To prevent post-operative inflammation and infection, it is important to keep this blood clot in place.

### FOR THE FIRST 48 HOURS AFTER EXTRACTION:

**DO NOT vigorously rinse your mouth, as this may rinse away the blood clot.**

**DO NOT use drinking straws.**

**DO NOT smoke.**

**DO NOT disturb the site with your tongue or fingers.**

### BLEEDING

After extraction, it is normal to ooze blood from the area for approximately 24 hours. *To minimize bleeding, do the following:*

- Bite on damp gauze for 1 hour
- Repeat with fresh gauze every 20 minutes as needed.
- DO NOT lie flat. Elevate your head with a pillow.
- Limit activity for the first 2-3 days.

### SWELLING

It is normal to swell after extraction. The swelling is greatest 2-3 days after surgery and may remain for an additional 3 days before it starts to resolve.

- Immediately after surgery, place ice packs over the area.
- Leave the pack on for 20 minutes and then off for 20 minutes for the rest of the day.
- After the first 24 hours, it is not necessary to continue cold packs.



## POST-OPERATIVE DISCOMFORT

After extraction, it is normal to experience some amount of discomfort when the anesthesia wears off. Taking prescribed medication as directed should control discomfort but may not eliminate it.

- **DO NOT** operate a motor vehicle or machinery while taking pain medication. It can make you drowsy.
- For most patients, a rotation of Tylenol and Advil will be enough for post operative pain management.
  - Take 2 tablets of OTC 200mg Advil every 6 hours.
  - Take 2 tablets of OTC 500mg Tylenol every 6 hours.
  - Rotate when you start them.
  - Example schedule – shift the schedule as needed.
    - 8am Advil, 2pm Advil, 8pm Advil
    - 11am Tylenol, 5pm Tylenol, 11pm Tylenol
- If you are given RX medication, please take it as directed.

## INFECTION

After surgical procedures, there is always a chance that infection might develop. This does not happen in most cases. A prescription may be written for you after a procedure that has a higher incidence of post-operative infection.

- Take all prescribed antibiotics until finished.
- Women taking oral contraceptives (birth control pills) are recommended to use other methods of contraception while taking antibiotics. Penicillin and penicillin-like medications temporarily decrease effectiveness of birth control pills.

## SUTURES

Depending on the extent of the procedures, sutures (stitches) may be placed to help wound heal. If you have sutures, the doctor will inform you of this after the procedure.

- Sutures that dissolve should fall out in about 1-7 days.
- The non-dissolvable sutures need to be removed as early as 7 to 10 days. However, most are removed in 2 weeks.



## OTHER INSTRUCTIONS

If you have had IV sedation or general anesthesia for your procedure, you should rest at home with moderate activity as tolerated.

### For the next 24 hours following anesthesia

- **DO NOT** drive a car or operate machinery or power tools if you receive general anesthesia.
- **DO NOT** drink any alcoholic beverages including beer.
- **DO NOT** engage in any moderate to high intensity physical activity (e.g., running, weightlifting).

## BRUSHING

Begin normal hygiene the night of surgery or the next day. Remember to brush lightly as you get closer to the area of surgery.

- Rinse gently and **DO NOT** spit.

## DIET SUGGESTIONS

- Begin with clear liquids, such as apple or cranberry juice, 7 Up®, or ginger ale.
- Advance diet the first day as tolerated, such as Jell-O®, applesauce, or milkshakes.
- Soft, non-chewy foods are recommended for 1 week after surgery, such as mashed potatoes, scrambled eggs, or pasta.
- **DO NOT** eat popcorn, peanuts, seeds, or chips for at least 2 weeks after surgery to prevent an infection in the surgical site from impacted food debris.
- **DO NOT** rinse your mouth for the first 24 hours after surgery. After that, rinse gently with the oral rinse, if prescribed by your doctor, or with warm salt water (1/2 teaspoon salt dissolved in 8 ounces of warm water) 2-3 times a day for 1 week. Brush your teeth gently but avoid the area of surgery for the first 24 hours.



#### WARNING SIGNS

**If any of the following should occur, do not hesitate to contact us during regular office hours at (425)226-1990.**

- Bleeding that cannot be controlled by firmly biting on a gauze for 60 minutes.
  - If bleeding does not subside by 2 hours post extraction, please use a cold wet Lipton black tea bag and bite on it for 30 minutes.
- Pain which is not controlled by the prescribed dose of medication. DO NOT take higher doses.
- Persistent nausea or vomiting.
- An increase in swelling after the first 72 hours or swelling that interferes with swallowing.
- A very foul-tasting discharge that is unrelieved by normal oral hygiene.
- Fever greater than 101 degrees Fahrenheit.

Following these instructions will help ensure that you have a comfortable and successful dental procedure. If you have any specific concerns or questions, please don't hesitate to contact us.

**You are always welcome to text, email, or call us if you have any issues or questions. Welcome to the standard of dental care, GO DENTISTRY, powered by MyChart!**

**Thank you and thank you for your trust.**