



Post Op Instructions – Extraction

DO NOT SMOKE for 5 Days following surgery. This can lead to dry sockets, which can be very painful.

EATING: Eat what foods are comfortable for you. You may find that softer foods are easier until more healing has occurred. **DO NOT EAT** until the anesthetic has worn off. Do not drink hot, carbonated, or alcoholic beverages. Avoid hot and spicy foods.

DO NOT DRINK THROUGH A STRAW.

DO NOT SPIT. After brushing teeth, lean over the sink and let the toothpaste run out of your mouth.

DO NOT RINSE MOUTH FOR 24 HOURS. After 24 hours from surgery, you may rinse lightly with warm salt water. This will help to keep any food particles from the extraction site. Use 1tsp of salt to a glass of warm water.

BLEEDING: Following extractions, bleeding is normal. Keep biting pressure on gauze to help to stop the bleeding. This may take ½ hour to a few hours. If persistent bleeding occurs (continually filling the mouth with blood) please call our office.

SWELLING: Place ice pack (or ice in towel) on area outside of face where surgery took place. Repeat for ½ hour on and ½ hour off for up to four hours.

PAIN: Take prescribed medication as instructed. If you do not have a prescription, you may (unless you are allergic) take ibuprofen (Advil) up to 800mg every 6 hours.

It is normal to feel some discomfort for a few days following an extraction. Call us immediately if symptoms are severe or persistent: 949-770-7686

- Heavy or increased bleeding
- Pain or swelling that continues beyond 2-3 days
- A bad taste or odor in the mouth
- A reaction to medication