

POST-OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

If you were sedated, have someone monitor you for the next 24 hours. While your mouth is numb, be careful not to bite your lips, cheeks or tongue. If you are feeling discomfort in the extraction area, you may take over-the-counter pain medication such as Tylenol or Advil. Take any prescribed medication as directed.

An ice pack or cold compress may reduce swelling and feel soothing. Switching to a soft food diet for several days after treatment is a good idea until you can resume normal eating habits and the discomfort diminishes. Drinking plenty of water is also advised, but not through a straw.

You may notice some bleeding in the extraction area. This is expected, so do not be too alarmed. Fold a piece of moist gauze and place it over the extraction area. Bite down on the gauze for 30 minutes. Repeat if necessary, but only if the bleeding continues. If still unsuccessful, bite on a moist tea bag for 30 minutes. Remember, a little blood mixed with saliva can look like a lot of bleeding. If your mouth is still filled with thick dark red blood, call the office for advice.

DO NOT:

- Do not drink sodas or carbonated beverages for the rest of the day after treatment.
- Do not drink through a straw.
- Do not rinse your mouth for at least 24 hours after treatment.
- Do not engage in physical activity for 24 hours.
- Do not spit excessively.
- Do not smoke.
- Do not drink alcoholic beverages or use mouthwash that contains alcohol for 24 hours.

If the discomfort diminishes for several days, then takes a turn for the worse, especially if you have an earache or pain radiating backwards, you may have a dry socket. If so, call the office right away.

Dr. Ford will instruct you when to return to the office if you have stitches or if a follow-up visit is indicated.

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