

We hope your recovery from your extraction is as comfortable for you as possible. Listed below are some simple tips for you after your procedure.

Post-op Instructions – Extraction

Do not disturb the wound: In doing so you may invite irritation, infection and/or bleeding. Be sure to chew on the opposite side for 24 hours and keep anything sharp from entering the wound (i.e. foods with small seeds, skins or chips).

Do not smoke: Smoking will promote bleeding and interfere with healing. After the blood clot forms, it is important not to disturb or dislodge the clot as it aids healing. Do not rinse vigorously, suck on straws, smoke, drink alcohol, or brush teeth next to the extraction site for 72 hours. These activities will dislodge or dissolve the clots and retard the healing process. Limit vigorous exercise for the next 24 hours as this will increase blood pressure and may cause more bleeding from the extraction site.

Do not spit or suck through a straw: This will promote bleeding and may dislodge the blood clot causing a dry socket.

Bleeding: A rolled up gauze pad will be placed on the extraction site prior to you leaving the office. You can remove the gauze 30 minutes after your departure from the office. If bleeding should start again, use one to two pieces of the gauze you were given to apply firm pressure with your finger for a total of 5 minutes - bleeding should stop within 3-sets of 5 minutes. If bleeding does not stop, please call the office or emergency line. ONLY apply gauze and pressure if active bleeding.

Pain: Some discomfort is normal after surgery. Analgesic tablets (i.e. Aspirin, Tylenol, etc.) may be taken under your dentist's direction. Prescription medication, which may have been given to you, should also be taken as directed. If pain continues, call our dentist.

Swelling: To prevent swelling, apply an ice pack or a cold towel to the outside of your face in the area of the extraction during the first 12 hours. Apply alternately, 15 minutes on then 15 minutes off, for an hour or longer if necessary.

Diet: Eat normal regular meals as soon as you are able after surgery. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day. It is also important to drink plenty of fluids.

Follow-up appointments: You may need to return to the office within the first 14 days to have sutures removed, or just for a brief follow-up healing check.

Please call your dentist if you have:

- 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

It is important to resume your normal dental routine after 24 hours. This should include brushing and flossing your teeth at least once a day. This will speed healing and help keep your mouth fresh and clean. After a few days, you will be fine and can resume your normal activities.

*Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected. After a few days you will be fine and can resume your normal activities. If you should have heavy bleeding, severe pain, continued swelling for 2-3 days, or a reaction to the medication, call our office immediately at **505-293-2211 or 505-715-2772 (after hours).***