



## Instructions to follow after the removal of your tooth or teeth

**HEALING.** Bite on the gauze that was placed over the extraction site for 30 minutes keeping firm pressure on the gauze to allow blood clot to form. A blood clot is nature's way of healing and should not be disturbed.

**PAIN.** Before the anesthetic diminishes and the sensation starts to return, begin to take the prescribed or over-the-counter pain medications directed for first 2 days and then as needed thereafter. Experience with pain is extremely variable. Do not exceed 2400 mg Ibuprofen (Advil) or 4000 mg Acetaminophen (Tylenol) per day. Taking your pain medication with food may help prevent nausea. If an antibiotic is prescribed, finish the prescribed medication.

Note: antibiotics decrease the effectiveness of the birth control pills; therefore, it is recommended that another form of birth control be utilized at this time. Do not drive or operate machinery if taking narcotics or sedatives – may cause drowsiness.

**BLEEDING.** If bleeding continues, replace the gauze pack with a cold wet gauze and again bite firmly for 1 hour. If bleeding continues after 3 hours, moisten a tea bag and bite on it for 1 hour. You can expect some oozing for 24 hours.

**SWELLING.** Both bleeding and swelling will be reduced by applying a cold pack of ice to the side of your face where the surgery was performed. Apply 20 minutes on, 20 minutes off for the first 24 to 48 hours.

**DIET.** No food or liquids for 3 hours after surgery to protect the forming of the blood clot. After 3 hours, drink plenty of liquids, water, juice, etc. Then eat a soft diet for the first 48 hours. Avoid hot or spicy foods.

**ORAL HYGIENE.** You may begin to brush your teeth the day after surgery. Brush surgery site very gently for a week. Begin rinsing after 24 hours. Rinse your mouth gently with warm salt water 3 times a day for 7 days (1 teaspoon of salt to 1 cup of warm water).

**STITCHES.** If stitches were placed, have them evaluated in about 7 days. Some stitches will dissolve on their own.

To reduce the possibility of losing your blood clot, during the first 72 hours following the extraction: Do not use mouth rinses with alcohol, do not rinse forcefully, do not spit forcefully, do not suck through a straw, do not drink alcohol, do not drink sodas, do not smoke and do not participate in any heavy physical activities.

### Diet advice following an extraction

#### Solids

- Ice Cream (No nuts or small candy pieces)
- Milk Shakes (Do Not Use a Straw)
- Jell-O, pudding, yogurt
- Macaroni and Cheese
- Mashed Potatoes

#### Liquids

- Water
- Milk
- Very lukewarm beverages
- Ensure nutritional drink
- Carnation Instant Breakfast

If you should have any questions or problems, please contact our office at any time:

Phone number (480) 867-1727, if after hours follow the prompt.

\*If for any reason, you cannot reach us in 30 minutes, call us again or go to the nearest emergency room or hospital.