



## Surgical Post-Operative Instructions

A few days following the extraction of a tooth, the wound usually heals to the point where you can function normally. Unnecessary pain and complications can be minimized by following a few simple instructions.

### Bleeding

When you leave, a piece of gauze should stay in place for 30-45 minutes with moderate pressure to help form the clot. Do not chew or talk with the gauze in place as this may increase bleeding.

If bleeding continues after the gauze is removed, fold and moisten a clean piece of gauze, and leave in place for an additional 45 minutes. (Remember, a lot of saliva and a little blood may look like a lot of bleeding) Repeat if necessary. If bleeding continues, bite on a moistened tea bag for 30 minutes. If heavy bleeding continues, please call our office.

### The Blood Clot

To help minimize disturbances to the blood clot and reduce the risk of dry socket, follow these guidelines for the first 2-3 days:

- Do not smoke, use a straw, forcefully spit, or vigorously rinse.
- Limit activity the day of the extraction, and avoid strenuous activity for 2-3 days. After this time, resume normal activity as you feel able.

### Diet

While you are still numb, please be careful not to chew your tongue or cheek. Stay hydrated by drinking plenty of fluids. Avoid hot liquids and alcohol. Soft foods are recommended the day of surgery, and you may increase consistency as you feel comfortable.

### Oral Hygiene

Avoid brushing the teeth next to the healing socket for the rest of the day. You may gently rinse with warm saltwater (or Peridex, if this was prescribed) 2-3 times per day for 30 seconds.

### Medications

Most discomfort can be controlled with over-the-counter medications. If you were directed by Dr Summers, you may take 600-800mg ibuprofen (Advil, Motrin) and/or 500-1000mg acetaminophen (Tylenol) every 6 hours.

If you were prescribed a pain medication, it is best to take the prescription in between doses of ibuprofen to maximize benefits of each.

Ice packs may be applied with a barrier for 15-20 minutes during the first 24 hours if you find they help relieve pain.

In the event of nausea and/or vomiting following surgery or medications, do not take anything by mouth for at least an hour including the prescribed medicine. You should then sip slowly on Sprite, tea, or ginger ale over a 15-minute period. When the nausea subsides, eat something 30 minutes before taking your pain medication or antibiotics.

If you have an unfavorable reaction, please call our office.