



## Oral Surgery Post Operative Instructions for Dental Extractions

1. Bite firmly on the gauze pack for ONE HOUR to stop the bleeding. It is important that the pack remain exactly where it is and that firm, even pressure is kept on it. **DO NOT** keep it between your teeth, it must remain over the extraction site(s)! **DO NOT** leave gauze in overnight.
2. If your dentist prescribed medications, take as directed. For pain medication, take as directed and according to your clinic's pain management policy.
3. Minor bleeding from the extraction site(s) is normal and expected for the first 24 hours. If heavy bleeding does occur, fold one of the gauze squares, moisten it with water and place it over the extraction site. Keep it in place for one more hour. This procedure may be repeated as often as necessary.
4. Swelling around the extraction sites is also normal and expected, especially if the tooth was "impacted" and its removal took a long time. Apply ice packs, if directed, to the face over the extraction site(s). The ice should be applied ½ hour on, ½ hour off THE DAY OF SURGERY AND ONE DAY LONGER, IF IT GIVES COMFORT ON THE SECOND DAY.
5. In general take it easy for the rest of the day. Sit quietly or lie down with your head elevated on a pillow or two. It is best not to sleep during the day because you may not be able to sleep at night.
6. For your blood clots to form, DO NOT spit, rinse your mouth, drink through a straw, drink any carbonated beverage (soda), or use mouthwash for the next 24 hours. **NO SMOKING** for the next 2 days. DO NOT dip snuff or chew tobacco until the extraction site heals. **NO ALCOHOL** for at least 2 days (including beer and wine). WHY? The clot may wash out and you might get a dry socket.
7. Stick to your normal meal schedule, but eat soft foods or drink nourishing liquids. **DRINK PLENTY OF FLUIDS** (non-caffeinated), at least a quart of water over every 3-hour period.
8. Beginning 24 hours following the extractions, rinse gently with warm salt water one time each hour that you are awake. Use ½ teaspoon of salt per glass of warm water. This will help promote healing, reduce swelling, and keep the area clean.
9. If you have **ANY** problems or questions, contact the clinic.
10. Brush your teeth normally being careful around the extraction area.