

INSTRUCTIONS FOLLOWING TOOTH REMOVAL

DO NOT RINSE, SPIT, SMOKE OR DRINK THROUGH A STRAW for 48 hours following your surgery. Doing so can impair healing or cause complications such as infection or a dry socket.

BLEEDING

Bite firmly on the gauze for 30 minutes. Avoid talking. If bleeding is mild or has stopped, leave the gauze out. Replace the gauze if strong bleeding continues. Alternatively, a moistened tea bag can be used. Slight bleeding/oozing of blood is normal for up to 24 hours after the extractions.

Activities that increase your heart rate can cause bleeding, so limit these for the first 24 hours after surgery. When lying down, keep your head elevated with extra pillows. Place a towel over your pillow to prevent blood from staining.

EATING & DRINKING

Eat softer foods and avoid foods with small nuts & seeds that may get into the sockets.

MEDICATIONS

Painkillers are best taken as soon as possible, even before the “freezing” wears off. Pain typically peaks within 24-48 hours after surgery. Following this, the discomfort should level off. If prescriptions were given for painkillers, carefully follow the instructions on the label. For minor surgeries, painkillers such as Advil or Tylenol are advised. An increase in pain that starts 4 or more days following surgery may indicate improper healing or a “dry socket”. Please contact the office or Dr. Specht for management.

If a prescription for antibiotics was given, take them as directed and until they are finished. Because antibiotics will inactivate most birth control medication, use other methods of contraception until your next menstrual cycle.

BRUISING & SWELLING

Bruising may develop 2-3 days following tooth removal and may be seen along the tissues in your cheeks, jaws and neck. Moist heat and gentle massage to the area will speed up its removal.

Ice can be used to control swelling and discomfort for the first 48 hours. Apply ice packs to the outside of your cheek near the surgical area for 20 minutes at a time, alternating with 20 minutes off. After the initial 48 hours, a warm compress may be used.

ORAL HYGIENE

Starting 48 hours after your surgery, use salt-water rinses or the provided syringe to keep the extraction socket clean after meals.

If stitches were placed, typically they will dissolve on their own within 7-10 days. If non-dissolving stitches were used, an appointment will be made to remove them.

Please be advised that if you have any unscheduled hospital visits within 10 days of your procedure, the office & Dr. Specht must be notified at your earliest convenience.