

## EXTRACTION POST-OP

After surgery please take the following steps to eliminate or reduce any post-operative discomfort or infection:

- 1) Reduce physical activities to minimize bleeding. If bleeding occurs apply pressure on the area with gauze or a clean finger for 5-10 minutes. Some minor bleeding is normal overnight- sleep on an old pillowcase. If you feel the bleeding is excessive, please call the office or doctors at home.
- 2) You can eat after the local anesthesia wears off on the side of the mouth unaffected by the surgery. A semi-soft diet is suggested for the first few days.
- 3) Do not spit, drink through a straw, or smoke for the remainder of the day. Creating suction in the mouth could potentially start bleeding or cause an infection if the clot is disturbed.
- 4) If swelling occurs, apply an ice pack (put ice in a zip lock bag if available and wrap in a hand towel) for several hours- 20 minutes on and 20 minutes off. Use an ice pack if required only for the first 48 hours after surgery. After this period hot packs can be used to reduce residual swelling.
- 5) Sometimes a small light “black and blue” mark may appear on the surrounding skin. This is normal.
- 6) **DO NOT RINSE YOUR MOUTH TODAY.** Starting tomorrow, rinse the mouth 5-6 times a day with salt water (1 tsp salt in 8 oz water) or hydrogen peroxide for the first week after surgery. Brush and floss or water-pik unaffected areas of the mouth. A clean mouth will expedite healing and reduce the likelihood of soreness and infection
- 7) Take medication as follows:
  - a. 800 mg of ibuprofen (4 Advil, etc) three times a day (every 8 hours) for the first 48-72 hours after surgery. If you cannot take ibuprofen, take acetaminophen (Tylenol) or naproxen (Aleve). These medications will significantly reduce pain and swelling if taken before a problem arises.
  - b. One Vicodin-ES (narcotic) for pain relief every six hours only if needed with the above medication. Taking one tablet before bedtime is useful to prevent waking due to minor achiness/throbbing. **DO NOT** drink any alcoholic beverages, operate appliances, or drive while taking any narcotics.
- 8) Normal activities and diet can be resumed the day after surgery in most cases.
- 9) Please call if you have any questions or concerns!