

Dental Extraction Post-Op Instructions

Please read and follow these important instructions. Recovery may be delayed if homecare is neglected

DAY OF SURGERY

- ✓ Bleeding
 - Will be common during the first 24 hours
 - Bite on gauze with firm pressure for the first 3 hours
 - Change gauze only if saturated or if you eat or drink fluids. If you run out of gauze, tea bags can be used
 - DO NOT sleep with gauze in mouth
 - Teeth away from the surgery site may be gently brushed. Avoid spitting (may cause bleeding)
 - If active bleeding persists after 3 hours, place a moist tea bag over the extraction site and firmly bite down for 30 minutes. If uncontrolled bleeding continues, call our office.
- ✓ Swelling
 - Will peak between the 2nd and 4th day after surgery and may persist for weeks.
 - Apply ice packs to the face over the surgery site: 20 minutes on, 20 minutes off. Use ice packs on the day of surgery only.
 - Keep your head elevated on two pillows or rest in a recliner to minimize swelling.
- ✓ Diet
 - Do not eat anything for 3 hours following surgery. You may drink cold fluids if needed, but replace gauze immediately.
 - Avoid hot foods and fluids for the rest of the day.
 - Recommended soft foods include Jello, Pudding, yogurt, protein drinks (Ensure, Boost), casseroles, and soft vegetables and meats.
 - Avoid crunchy foods like chips, nuts, popcorn or spicy foods like jalapenos, as these may injure the surgical site.
 - If diabetic, maintain your normal eating habits and follow instructions given by your physician.
 - **DO NOT SKIP MEALS. MAINTAIN ADEQUATE FLUID INTAKE.**
- ✓ Pain Control
 - Take your prescribed pain medications. If your pain is not well controlled, call our office. An alternate medication can be called in to your pharmacy.

DAYS 2-5

- ✓ Continue to soft diet and fluid intake.
- ✓ Hygiene
 - Rinse your mouth gently after each meal with ½ tsp salt in warm water until your follow-up appointment.
 - Brush your teeth regularly, including teeth adjacent to the surgery site. If uncomfortable, a baby toothbrush can be used.
- ❖ Swelling
 - Apply a warm, moist towel to the face over the surgery site at least 5 times daily, and massage the jaw area.
 - Sleep on two pillows to keep the head elevated.
- ❖ Discomfort
 - Muscle soreness and limited mouth opening are normal. To alleviate, gently massage your jaw under a warm shower.

UNTIL YOUR FOLLOW-UP APPOINTMENT, AVOID THE FOLLOWING:

- Drinking through a straw
- Smoking or using smokeless tobacco
- Hard or crunchy food requiring lots of chewing
- Mouth rinses such as Scope or Listerine
- Carbonated beverages

If you have questions or concerns, call the office at 210.491.0015 at any time. After office hours the answering service will give you information to reach a physician.