



## POST-OP INSTRUCTIONS FOR EXTRACTIONS

*Tooth extraction is a surgical procedure. Therefore, it is natural that temporary changes will occur in the mouth afterward. The post-operative response is generally predictable, but can be unique to each patient. You'll be functioning normally in just a few days. Meanwhile, you should follow a few simple rules to help promote healing, prevent complications and make yourself more comfortable.*

- Please do not bite or chew until the **numbness** wears off. We do not want you to hurt yourself.
- **Bite on the gauze for 30 minutes** after leaving the office. If considerable bleeding continues after removing the gauze, place another gauze pack for 30 minutes more. Do not chew on or suck on the gauze. A slight amount of blood may leak at the extraction site until a clot forms. Also, a little blood mixed with saliva can look like a lot of bleeding!
- Avoid activities that may disturb the clot, which is a normal part of the healing process. For 24 hours, **DO NOT** smoke, drink through a straw, rinse vigorously, spit, blow your nose, exercise or engage in strenuous activity. Any of these things may cause the clot to dislodge, resulting in a very painful condition called a **dry socket**.
- Maintain a **soft diet** for the next day or so. Stick to warm soups, ice cream, yogurt, etc. Avoid foods which may break into small sharp pieces such as chips, popcorn, cookies and nuts. The pieces tend to lodge in the extraction site and cause infection.
- If you were given a prescription for **medications**, take them according to instructions. You may take any pain medication you have at home as directed on the bottle.
- Alternating **ice** on/off every 1/2 hour can help reduce any **swelling**.
- If your pain, discomfort or bleeding continues or worsens and if you have any other **problems** or **questions**, please call our office.