

## EXTRACTION POST-OP INSTRUCTIONS

To ensure a smooth recovery and optimal healing, please adhere to the following guidelines:

**DO NOT DISTURB THE AREA:** For the next week, and especially the first 24 hours, it is very important to allow your body to form a good blood clot and start the natural healing process. Vigorous swishing, sucking through a straw, using a Waterpik, and smoking can all dislodge the clot so please avoid these for the next week. Keep anything sharp from entering the wound (crunchy food, toothpicks, toothbrush, eating utensils). Be sure to chew on the opposite side for at least the next week.

**BLEEDING:** When you leave the office, you might be biting on gauze to control bleeding. Keep steady pressure on the gauze for at least 30-60 minutes. Do NOT change the gauze out during this time; it needs to remain undisturbed while a clot forms in the extraction socket. After 30 minutes you may remove it. You may bite on another gauze or a tea bag (which has tannic acid in it - a natural hemostatic agent to help stop bleeding) for another 30 minutes if you feel it is still bleeding. Small amounts of blood in the saliva can make your saliva appear quite red. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem. For the rest of the day, you should rest quietly with your head elevated above your heart. It is a good idea to put an old towel over your pillow for the next couple nights to avoid staining your sheets.

**SMOKING:** Do NOT use tobacco products (cigarettes, vape, chewing tobacco, snuff, etc.) for 2 weeks. Use a nicotine patch if necessary. Healing and the success of the surgery will be substantially reduced by cigarette smoke chemicals in your body. In addition, the suction created when inhaling tobacco products can dislodge the clot. Smokers are at greater risk of developing a painful dry socket.

**PAIN:** Some discomfort is normal after surgery. To minimize pain, over the counter medications can be taken as long as you do not have any allergies to them or if you have any other medical contraindications. Take 600-800mg ibuprofen (Motrin, Advil) every 6-8 hours and 500mg acetaminophen (Tylenol) every 4 hours as needed for pain. An example of this is below:

0 hr	4 hr	8 hr	12 hr	16 hr	20 hr	24 hr
Ibuprofen		Ibuprofen		Ibuprofen		Ibuprofen
Tylenol	Tylenol	Tylenol	Tylenol	Tylenol	Tylenol	Tylenol

All medications should not exceed the recommended dosage. For children, please reference medication bottle for appropriate dosage based on weight. It is important to take medication before the numbness wears off.

If a stronger medication is needed, please contact our office.

If prescription pain medication is prescribed, take it as instructed on the label. Do NOT take prescription pain medication with acetaminophen (Tylenol) as most prescription medication already has acetaminophen in it. Avoid driving and drinking alcohol when taking prescription pain medication.

Nausea is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water. If nausea is severe you can take an over-the-counter **Dramamine** tablet as directed.

**SWELLING:** Swelling is the body's normal reaction to surgery and healing. Swelling may not become apparent until the day following surgery and may not reach its peak for 2-3 days. Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face for 20 minutes every hour while awake for the first 24-72 hours or as needed for pain relief.

**NUMBNESS:** The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. Sometimes treatment may cause residual numbness or tingling for six weeks or longer.

**SUTURES:** If sutures were used they may or may not dissolve on their own. Your doctor will tell you what to expect. Avoid touching the sutures with your tongue or finger. If a suture comes loose call or text the office for further instruction.

**BRUSHING:** Do not brush your teeth for the first 8 hours after surgery. After this, you may brush your teeth gently, but avoid the area of surgery for 1 week especially with an electric toothbrush. If you normally use a Waterpik, do not use it for 1 week.

**RINSING:** Avoid vigorous rinsing or swishing for 24 hours after extraction. Rinsing can disturb the formation of a healing blood clot which is essential to proper healing. This could cause bleeding and risk of dry socket. After 24 hours you may begin gentle rinsing with a warm saltwater solution (1/2 teaspoon salt + 8 ounces warm water). DO NOT vigorously rinse. Instead, simply hold the salt water in the surgical area for 30-60 seconds by tilting your head. When going to spit, do so by putting your mouth over a sink and letting the water fall out. DO NOT vigorously spit. Avoid mouthrinses with alcohol.

**DIET:** Eat soft, homogenous foods for the first two days (i.e. yogurt, applesauce, smoothies). Avoid small bits (i.e. chips, crackers, nuts, seeds, grains, popcorn). Maintain a well-balanced diet. Drink plenty of water. Avoid alcohol for 48 hours.

**ACTIVITY:** After leaving the office, rest and avoid strenuous activities (exercise and heavy lifting) for the next week or as directed.

**ANTIBIOTICS:** If you were given an antibiotic prescription, take all of them as directed until they are gone.

· **Women:** some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months following the use of an antibiotic.

**SINUS:** If your sinus was involved in the procedure, you should avoid blowing your nose, playing a wind musical instrument, flying in an airplane or going up to extremely high elevations for 6 weeks. Use of a decongestant medication and/or a nasal spray might be recommended. If a nasal spray is recommended you can purchase **Afrin** at most pharmacies. When using the nasal spray make sure to place your head over the edge of a bed so that your nostrils are facing upward to allow the medication to be absorbed. Instill nasal spray into each nostril twice on each side, two times a day for 3 days. **Do NOT snort.**

**BONE GRAFTING:** The following information applies when grafting material has been placed into extraction site(s). Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed! It's normal to have some of them come out of the graft site and into your mouth. There are some things you could do to minimize the amount of particles that become dislodged:

- Do not disturb or touch the surgical site.
- Avoid rinsing or spitting for 2 days (48 hours) to allow blood clot and graft material stabilization.
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
- Do not lift or pull on the lip to look at the sutures. This can actually cause damage to the wound site and tear the sutures.
- Following the second day, gentle rinsing is allowed but not too vigorously, as you can again disturb some of the bone graft granules.
- If a full or partial denture was placed in your mouth further adjustments may be needed as numbness wears off and swelling increases. Please call or text the office to schedule an adjustment appointment.

**FOLLOW-UP APPOINTMENTS:** You may need to return to the office to have sutures removed, or for a brief follow-up appointment to check on the status of your healing.

Please call or text our office at **(303) 237-1553** if you have any of the following:

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessively warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems
- difficulty swallowing or opening/closing your jaw

Following these instructions closely will greatly help your comfort and promote successful healing. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.