

AFTER YOUR EXTRACTION

After surgery, the way you care for your mouth will have an important effect on your healing. Swelling, discomfort and tightness of the jaw muscles are normal responses and can occur the first 24 hours following surgery. By carefully following these post-operative instructions, your mouth will heal better and faster.

BLEEDING

Some bleeding is to be expected. Continue biting on the gauze for at least one hour. After the first hour, change the gauze every hour. If bleeding continues beyond two hours, moisten a plain tea bag with water and bite firmly for one hour. Do not use herbal tea bags. If bleeding does not stop within four hours, please call the office at (706) 796-6269.

SWELLING

Swelling of the jaws is to be expected. Apply an ice pack on the affected area for 20 minutes, then off for 20 minutes. Ice pack therapy is to be used only in the first eight hours following surgery. Ice pack therapy will greatly reduce the amount of swelling and pain that you will experience following the extraction.

PAIN

You may have been given a prescription. If not, you may take Tylenol or Ibuprofen. Refer to label instruction. If pain flares back up in one or two days after the extraction, please call the office. You may be experiencing a dry socket, and may need additional care.

DIET

During the first day we recommend a soft diet, including mashed potatoes, soup, milk shakes, and instant breakfast drinks.

INFECTION

Most abscesses will clear up without antibiotics. If swelling increases after the second day, please call the office. The sooner a possible infection is treated, the quicker you will have a healthy response to the therapy.

-DO NOT-

Do NOT smoke the first two days following your extraction. Do NOT chew tobacco or dip snuff for at least one week. Smoking is our number one cause of a dry socket. During the first 24 hours drink extra fluids. After the first 24 hours, rinse mouth gently after each meal and before bedtime with warm saltwater rinse. Mix 1/8 tsp of salt in 8 oz glass of warm water. Brush your teeth normally, brushing gently over the extraction site. Recommended drinks include: tea, milk, coffee, kool-aid, and juices. Do NOT use a straw. No carbonated beverages. No swishing or spitting as this can destroy the blood clot, and set-up a dry socket complication.